




Breakfast Cauliflower Casserole

 7 ingredients  1 hour  3 servings

Directions

1. Preheat oven to 375.
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower Use steamed broccoli instead.

Storage Store in an airtight container up to three days. Reheat before serving.

Ingredients

1/2 head	Cauliflower (chopped into florets)
7	Egg
1/2 cup	Unsweetened Almond Milk
1 tsp	Garlic Powder
1 tbsp	Nutritional Yeast
1 tsp	Sea Salt
1 cup	Baby Spinach