



Dr. Laleh's Cauli-Hash

Ingredients

Amount

Cauliflower Rice*	4 Cups
Organic Grass-fed Eggs	2 large
Braggs Nutritional Yeast	4 TBS
Shaved Parmesan Cheese	4 TBS
Fresh Chives	¼ C
Fresh or dried Tarragon leaves	2 TBS
Dr. Laleh's All Purpose Spice blend	1 TBS
Turmeric	1 tsp
Extra Virgin Cold pressed Olive Oil	2 TBS

***May be purchased frozen**

Preparation:

- Preheat the oven to 400F.
- If using frozen cauliflower rice, transfer the thawed cauliflower back into a cotton dish cloth. Let the excess water drain into the cloth, wrap the cloth around the cauliflower rice and gently squeeze to absorb moisture.
- Transfer to a bowl and mix with the Nutritional Yeast, Parmesan cheese, chives, tarragon garlic, olive oil, spices and eggs.
- Use a large oven safe tray lined with parchment paper
- Divide the cauliflower mixture into 6 even portions, place on the tray, and shape into hash browns.
- Bake for 35-40 minutes, until golden brown.
- Let them cool for about 15 minutes until they have set.
- Enjoy as breakfast or snack with Salsa OR Dr. Laleh's Simply Dip.



Nutrition Facts

Servings 6.0		
Amount Per Serving		
calories 123		
% Daily Value *		
Total Fat	8 g	13 %
Saturated Fat	2 g	10 %
Monounsaturated Fat	4 g	
Polyunsaturated Fat	1 g	
Trans Fat	0 g	
Cholesterol	66 mg	22 %
Sodium	164 mg	7 %
Potassium	177 mg	5 %
Total		
Carbohydrate	5 g	2 %
Dietary Fiber	3 g	10 %
Sugars 1 g		
Protein	6 g	12 %
Vitamin A		28 %
Vitamin C		47 %
Calcium		19 %
Iron		3 %