

# Tam's Cauliflower Bread

Prep- 20mins Cook – 30mins

## Ingredients

4 Cups of Riced Cauliflower (approx. 1 large head of cauliflower)

4 Eggs

2 Cups Cheese

3 tsp Oregano (of your herbs of choice)

4 Cloves Garlic (crushed)

Salt and Pepper to taste



## Method

1. Preheat Oven to 180 degrees. Prepare 2 Pizza dishes/large Square tray with baking paper.
2. Chop you Cauliflower roughly, then wizz in food processor until it resembles rice.
3. Steam your cauliflower for approx. 10mins.
4. In a large bowl add: cooked cauliflower rice, eggs, cheese, herbs, garlic, salt and pepper. Mix it all together.
5. Place onto baking sheets and spread out until its approx. 2cm thick.
6. Bake in oven until golden brown (approx. 35mins)
7. Slice and serve warm.



[www.happyandhealthywithhayley.com.au](http://www.happyandhealthywithhayley.com.au)

Mobile: 0408 083 582

Email: [happyandhealthywithhayley@gmail.com](mailto:happyandhealthywithhayley@gmail.com)