



Robin Barrie
NUTRITION COUNSELING | PERSONAL TRAINING



Cauliflower Recipe

INGREDIENTS

- 1 organic cauliflower
- ½ cup extra-virgin olive oil
- ½ cup lemon juice (about 2 lemons)
- 5 large mint leaves
- 1 1/2 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 cloves garlic
- Sea salt and pepper to taste

PREPARATION

- 1 Preheat 375 degrees
- 2 Combine all of the ingredients (except the cauliflower) and blend until smooth. Taste, and add more salt and/or pepper.
- 3 Pour 3/4 of the marinade on the cauliflower florets.
- 4 Bake in oven for 45-50 minutes or until golden brown.
- 5 Add the rest of the mixture to cauliflower if desired depending on taste. Top with fresh chopped mint and serve!

My cauliflower recipe is getting a bit of a makeover for summer! With the mint, honey, lemon combo not only gives it a super refreshing flavor but adds extra antioxidant (vitamin C in lemon) and antibacterial (honey) effects. Don't forget cauliflower is a great source of vitamin C (meets 77% of your daily needs), fiber, and

vitamin K. It's also a good source of folate and B6. It's great for digestion, brain, heart, and bone health and can help detox the body. I know you are going to love this recipe as much as I do. Let me know what you think and don't forget to tag me in your creations! If you are on the East coast, enjoy this great warm, sunny weather!!! 1 organic cauliflower

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