

## GRAIN-FREE CAULIFLOWER TABOULI

### INGREDIENTS

3-4 cups cauliflower (minced in food processor)  
2-3 tomatoes, diced  
1 large cucumber, cubed  
1 cup fresh parsley, chopped  
1 cup green onions, chopped  
¼ cup fresh mint, chopped  
½ cup extra virgin olive oil  
2-3 Tbsp lemon juice  
4-5 garlic cloves, minced  
pinch of salt

### OPTIONAL

1 cup chopped almonds or other nut  
½ tsp cumin  
¼ tsp black pepper  
1 tbsp lemon zest

### DIRECTIONS

1. Cut cauliflower into small florets and place into a medium to large food processor
2. Process down until a fine grain forms
3. Dice tomato's, cucumber and fresh herbs
4. In a large mixing bowl combine cauliflower, vegetables and herbs
5. For the dressing combine olive oil, lemon juice, garlic and a pinch of salt into a small bowl (Add in zest, pepper and cumin if you want to try something new)
6. Combine dressing to large bowl and mix well
7. At this stage taste test to see if you need more dressing or spice, there is no one-way to make this so try variations out!

