

Being In Best Health: Thriving with Healing Foods and Yoga

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Cauliflower “Rice”

Ingredients:

- 2 cups cauliflower florets, chopped
- 3 carrots, sliced
- 1/2 onion, sliced
- 1 scallion, chopped
- 2 Tbs parsley, chopped
- 1 avocado, cubed
- 1/2 lemon, juiced
- 1 Tbs raw apple cider vinegar
- Optional: 1/16 tsp sea salt

Yield: 4 cups

Serving size: 1 cup

Equipment: knife, cutting board, food processor, large bowl for mixing

Method of preparation:

1. Put all ingredients (except avocado) in a food processor and pulse until the mixture combines homogenous.
2. Transfer the mixture into a bowl, add the cubes of the avocado, and mix it all well.
3. Test the taste and adjust as needed by adding more salt.
4. Serve immediately with any meal or as a snack.
5. Store in a refrigerator for up to 3 days.



References: Baird, L. & Rodwel, J. (2005). The Complete Book of Raw Food. Healthy Living Books: New York, NY