



GRAIN FREE “OATMEAL”

By Dr. Cindy Tanzar
(Standard/Maintenance)

Looking for a way to get your morning veggies in? This recipe is a great way to add vegetables to your breakfast. Please give yourself the opportunity to adjust your tastebuds to eating your “oatmeal” this way, as it will add much-needed variety to your breakfast menu. Cauliflower is great for taking on the flavors of anything you put with it, too, so the apples and cinnamon make the dish. Not only is it warm and satisfying, but it is also anti-inflammatory and low-glycemic, so it won't raise your blood sugar.

Makes 1 serving and covers a full meal (protein, fat, vegetables, and fruit).



INGREDIENTS

- 1 cup riced cauliflower
- 1/2 cup diced Granny Smith apple (peeled)
- 1/3 cup canned full-fat coconut milk
- 2/3 cup water
- 2 large pastured eggs
- Pinch of pink Himalayan salt
- 1 Tbsp. Swerve or 1/4 tsp. stevia (optional, or to taste)



2 Tbsp. golden ground flaxmeal or ground chia seeds

1 tsp. cinnamon (can add up to 1 tsp. more to taste)

Options: Omit apple and top with 1 cup fresh blueberries and/or cut strawberries after cooking; or, leave apples and top with 1/2 cup fresh berries after cooking

INSTRUCTIONS

Either rice your cauliflower by grating it on a standing box grater down to the stem, processed in a food processor until it resembles grains of rice or purchase already riced cauliflower (fresh or frozen).

In a medium saucepan, add riced cauliflower, apples, eggs, coconut milk, and water and pinch of sea salt. Bring to a low boil over medium heat, then simmer on low-medium heat about 10 minutes or until tender.

Remove from heat and stir in Swerve or stevia (if using), flaxmeal or chia seeds, and cinnamon.