



Cauliflower Cookbook: Swap Your Favorite Recipes With Nutrient Dense Cauliflower for Low Carb Healthy Alternatives

Linda Stevens

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Learn how to swap your favorite recipes with nutrient dense cauliflower for delicious, low carb healthy soups, snacks, sides, and main dishes!

Following a low carb diet does not mean you have to give up your favorite foods. One easy substitute for potatoes, rice and pasta is cauliflower. The super vegetable is packed with vitamins, minerals and antioxidants. The author has taken many popular recipes and converted them into low carb options. All of the recipes contained in this book use only whole, natural ingredients. The recipes are so close to the real thing even the kids and hubby won't know they are eating cauliflower, unless you tell them. Inside the book you will find snack, soup, side dish and main course recipes. Snack recipes include Buffalo Cauliflower "Wings", Garlic "Bread" Sticks and there is even a recipe for chocolate brownies. Roasted Cauliflower and Crab Bisque are just two of the soup recipes included. Learn how to make cauliflower rice in the Side Dish chapter. Spice up dinner time with the Fiesta Casserole. All of the included recipes are 15g Carbs or less to help you lose weight and eat healthier.

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Neil Williams:

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Stephen Beatty:

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