

HOW TO MAKE CAULIFLOWER TASTE AS GOOD AS FRENCH FRIES?!



Baked Cauliflower "Popcorn"

“HOW TO MAKE CAULIFLOWER TASTE AS GOOD AS FRENCH FRIES!”

This was the headline that grabbed me and so we gave it a go. It's just baked cauliflower but possibly as you've never experienced cauliflower before!

The end result - well OK, the cauliflower won't taste exactly the same as potato fries would. BUT... this trick **sure does transform plain old cauliflower into something special.**

There are various methods I've now seen baking cauliflower but the one we used is as follows:

1. Preheat your oven on high fan bake (250 degrees celsius).
2. Take 1/2 a large cauli (or a small one) and chop in up into little florets.
3. Spread over baking dish (not overlapping) and drizzle coconut or olive oil all over and ensure

