

THREE SEASONS AYURVEDA



Curry Roasted Cauliflower

Serves Four

Ingredients

1 Head Cauliflower (As/C/Pu)

1/4 cup Olive Oil (Sw/C/Sw)

2 Tbl. Agave (Sw/C/Sw)

1 Tbl. Curry Spice Mix

*Coriander (Bi, Pu/C/Pu)

*Cumin (Pu/Bi/C/Pu)

*Cardamom (Pu, Sw/H/Pu)

*Dry Mustard (Pu/H/Pu)

*Curry Powder (Pu/H/Pu)

*Cayenne Pepper (Pu/H/Pu)

1 tsp. Salt (Sa/H/Sw)

Pinch of pepper (Pu/H/Pu)

Procedure

Trim Cauliflower into even sized pieces,

In a bowl mix the oil, curry spice mix and sweetener,

Toss cauliflower in the oil and season with salt and pepper,

Place cauliflower on baking pan and roasted in oven at 375 until done (about 20 minutes)