



Hash brown *

Serving: 1

Non Veg

Ingredients

- Cauliflower rice - 1.5 cups
- coconut flour - 2-3 tbsp
- Cheese grated - 1 tbsp
- Pepper powder - 1 tsp
- salt - to taste

Preparation Method

- Microwave cauliflower for 3 minutes and let cool.
- Place in paper towels or cheese cloth and ring out all the excess water. Place rung out cauliflower in a bowl, add rest of ingredients and combine well.
- Form into six square shaped hash browns on a greased baking tray.
- Place in a 400 degree oven for 15-20 minutes. Let cool for 10 minutes and hash browns will firm up. Serve warm Enjoy!