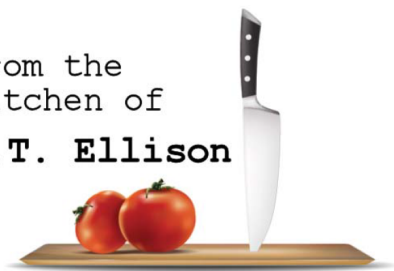


From the  
kitchen of

**J.T. Ellison**



## Ingredients

- ✓ Nonstick olive oil or avocado oil spray
- ✓ 1 large head cauliflower or a bag of riced cauliflower
- ✓ 6 large eggs, separated
- ✓ 1 1/2 cups almond flour
- ✓ 1/2 cup grated parmesan cheese
- ✓ 5 cloves garlic, minced
- ✓ 1 Tablespoon baking powder
- ✓ 5 Tablespoons butter, melted
- ✓ 1 pinch salt
- ✓ 1 teaspoon Italian seasoning (I'm allergic to oregano, so I use a mixture of thyme, rosemary, parsley, and basil flakes)
- ✓ White sesame seeds, for garnish
- ✓ Fresh parsley, chopped, for garnish
- ✓ Fresh rosemary, chopped, for garnish

## Cauliflower Bread

*Makes 8 servings*

This recipe for divine cauliflower and almond flour bread is incredible for grilled cheese, bruschetta, or simply dipping in sauces. I might try this recipe as a breadstick, I imagine that would be yummy. The batter can also be used as a breading for mozzarella sticks... what better way to get veggies into the kiddos? It's rich and garlicky and so delicious.

## Directions

1. Preheat the oven to 350°F (180°C). Grease a 9x5-inch loaf pan with nonstick spray.
2. If you're using a bag of already riced cauliflower, move straight to step 3. If you're using a head of cauliflower, cut into florets and add to a food processor. Pulse until the cauliflower reaches a "rice"-like consistency. You should have 3-4 cups.
3. Transfer the riced cauliflower to a large microwave-safe bowl and microwave for 4 minutes to steam the cauliflower and release its liquid. Let sit until cool enough to handle.
4. Transfer the riced cauliflower to a bowl lined with cheesecloth or a tea towel. Tightly wrap the cauliflower and squeeze out all of the liquid, until it is dry and crumbles between your fingers. Set aside.
5. Separate the yolks and whites of the eggs into two large bowls. Beat the whites with an electric hand mixer until stiff peaks form.
6. Add about 1/4 of the beaten whites to the bowl of yolks. Then, add the almond flour, Parmesan, garlic, baking powder, butter, and salt. Gently mix with a rubber spatula until combined.
7. Add the remaining egg whites, dried cauliflower, and Italian seasoning. Gently fold the ingredients together until just combined. Do not overmix, as this will break down the egg whites.

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8. Transfer the mixture to the prepared loaf pan and sprinkle the top with sesame seeds, parsley, and rosemary.

9. Bake for 50 minutes, or until the bread is golden brown. Slide a knife around the edges of the loaf while it's warm to avoid sticking. Let cool, then slice and serve as desired.