



Low Carb Cauliflower Hash Browns

Active Time: 20 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

101.7 calories, 5.35 g carbohydrate, 2.4 g fiber, 2.95 g NET carbs, 7.01 g protein, 6.34 g fat

Ingredients

- 1 head cauliflower
- 1 large pastured egg
- 3 1/2 ounce(s) organic cheddar cheese, grated
- 1/2 tsp(s) sea salt

Preparation

1. Preheat oven to 400 F. Grease a large baking sheet.
2. Grate the head of cauliflower using a box grater or food processor.
3. Steam the cauliflower or microwave for 3 minutes to soften. Let cool. Then squeeze out the excess water.
4. Place cauliflower in a large bowl, then add the egg, sea salt and cheese. Mix thoroughly.
5. Form hash brown rectangles or circles and place on baking sheet.
6. Bake for 15-20 minutes until golden.
7. Hash browns will firm up as they cool.

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