

Garlic Cauliflower 'Bread'

Ingredients :

275g cauliflower heads

2 eggs

1 tsp Garlic

1 tsp herb

Method:

Whizz the cauliflower in a good processor until it resembles rice.

Put in a large microwaveable bowl, and cook on high, covered, for 7 minutes.

Allow to cool slightly.

Add the eggs, garlic and herbs and mix together well.

Pour mixture into a baking tray lined with grease proof paper and spread flat.

Cook at 200° for approx 25 minutes or until lightly browned on top.

Source : allrecipes