



Roasted Broccoli

INGREDIENTS

- 2-4 heads broccoli
- 2-3 tablespoons coconut oil
- Kosher salt and pepper

DIRECTIONS

Preheat oven to 425 degrees. Chop stems off broccoli. Gently rub the coconut oil over broccoli and season with salt and pepper. Place on a baking tray. Roast for 15-25 minutes until broccoli is slightly browned.

Roasted Cauliflower

INGREDIENTS

- 1 cauliflower head
- 2-3 tablespoons avocado oil
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp turmeric
- Salt and pepper

DIRECTIONS

Preheat oven to 375 degrees. Chop green leaves off the bottom of cauliflower. Mix spices together in a bowl. Slice cauliflower from the middle into thin sheets. You may only get 2-3 sheets, keep the remaining florets. Drizzle avocado oil on baking tray. Lay cauliflower sheets and remaining cauliflower on tray. Drizzle with avocado oil. Use small sieve sprinkle spices on cauliflower. Roast for 15-25 minutes until cauliflower is slightly browned.