

## Cauliflower Rice

### INGREDIENTS

- 1 Head Cauliflower
- 1/2C Bone Broth
- 1TBS Ghee
- Garlic Seasoning
- Parsley

1. Chop the cauliflower into big pieces, removing any greens.
2. Place cauliflower into food processor or Vitamix and gently pulse until cauliflower becomes fine/grain-like texture.
3. Melt ghee in pan and add bone broth.
4. Once combined, add cauliflower and garlic seasoning and cook on medium until cauliflower softens.
5. Serve garnished with parsley and more seasoning.