



BETH WARREN

NUTRITION

Honey Mustard Cauliflower

Honey mustard cauliflower - a great roasted veggie option

INGREDIENTS

1 BAG CAULINI
1 tsp oil
2 Tbsp Dijon mustard
3 Tbsp honey
1 tsp apple cider vinegar
1/8 tsp garlic powder
1/8 tsp paprika
salt and pepper, to taste

INSTRUCTIONS

On a baking sheet lined with parchment paper, spread out the caulini and do not overlap. Combine the marinade ingredients in small bowl. Brush all around the caulini (or use your hands to lather!) Roast at 425 for about 20 minutes.