

Turmeric Cauliflower Flatbread

(Paleo, Whole 30 friendly)

Shopping List:

- 2 cups of raw, riced cauliflower
- 4 large, organic eggs
- 1 cup almond meal
- 3 tsp turmeric
- ½ tsp pink Himalayan salt, plus more to sprinkle on top
- 1 tsp thyme
- Garlic powder to sprinkle on top

Preheat the oven to 350* F and line a baking sheet with parchment paper, or use a non-stick baking sheet.

Add all ingredients to a large mixing bowl and stir well or use a hand mixer to thoroughly blend the ingredients.

Transfer the flatbread mixture to the baking sheet and shape with your hands or a spoon into a rectangle, keeping the height to about .2 inches high. Mine ended up being about .5 inches tall and it was delicious! The flatter the more of a true flatbread texture. Sprinkle sea salt and garlic powder over the top of the flatbread before baking.

Bake for 30 minutes, watching for it to appear golden on top. Each oven is different so you may not need the full 30 minutes.

Allow the flatbread to cool thoroughly and gently remove it from the parchment paper, or from the non-stick baking sheet.

You may keep the flatbread in a container for 5-7 days refrigerated.