

Crispy Bacon-Dusted Cauliflower

THM-Friendly: S

- one head of fresh cauliflower
- 6-7 slices of bacon, cooked until REALLY crispy and dried well
- 1 tsp. paprika
- 1/2 tsp. oat fiber
- 2 pinches of mineral salt
- cooking spray, preferably avocado oil

Cut the cauliflower into medium-sized florets. Lightly coat the cauliflower with cooking spray. Air fry for 8-10 minutes at 390°, or until tender on the inside and slightly crispy on the outside.

In a food processor, process the extra-crispy bacon until it's a powder.

While the cauliflower is frying put bacon powder, oat fiber, paprika, and salt into a baggie (Ziploc kind, brand not important) or a large bowl and mix together.

Coat the cooked cauliflower well in cooking spray. Move quickly so it remains wet - you want the dust to stick. Pour into the baggie or bowl and shake the dust over the cauliflower until coated.

EASY DIPPING SAUCE:

- a little Greek yogurt
- a little creole seasoning
- a little hot sauce

Mix to taste. Dip the cauliflower. Be in cauliflower heaven.

enJOY!



<https://www.joyfullifewithkj.com/allthefriedthings/crispy-bacon-dusted-cauliflower>

