



Raw “Rice” with Kale

3 cups cauliflower (1/2 head)
2-3 Tb tahini
1 ½ cups kale, stems removed, chopped (3 stalks)
½ tsp sea salt
1 tsp turmeric
½ tsp dried thyme
1 tsp rice vinegar
Celtic sea salt and pepper to taste

- Lightly chop cauliflower so they are about the same size.
- Place cauliflower into food processor with remaining ingredients and pulse to form little pieces that look like rice.
- Taste for seasonings add salt & pepper.