

Cauliflower Bites Recipe

Ingredients:

- 1 head cauliflower (about 4 cups of florets)
- 1/2 lime or lemon
- 1-2 teaspoons Tajin or chili powder (to taste)
- 1 tablespoon salt
- Water
- Ice

Instructions:

1. **Prep the Cauliflower:** Cut the cauliflower into florets by removing the core and breaking the florets into bite-sized pieces.
2. **Ice Bath:** In a large bowl, dissolve 1 tablespoon of salt in water. Add ice to create an ice bath. Place the cauliflower florets in the ice bath and let them soak for at least 20 minutes.
3. **Drain and Season:** Drain the cauliflower and pat it dry. Squeeze the juice of half a lime or lemon over the florets. Sprinkle with Tajin or chili powder to taste.
4. **Taste and Adjust:** Taste the seasoned cauliflower and add additional salt if needed.
5. **Serve:** Enjoy as a refreshing, tangy snack!

Nutritional Breakdown (per serving, assuming 4 servings):

- Calories: 32
- Protein: 2.5g
- Carbohydrates: 6g
 - Fiber: 3g
 - Net Carbs: 3g
- Fat: 0.2g
- Vitamin C: 85% of the Daily Value (DV)
- Vitamin K: 20% of the DV