

## Roasted Cauliflower

### INGREDIENTS:

- Cauliflower florets
- Coconut oil
- Butter or olive oil
- Seasoning (Fresh ground black pepper, Lawry's, Mrs. Dash Original Blend)

### PROCESS:

- Preheat oven to 375 degrees F
- Grease a baking sheet with coconut oil
- Place cauliflower on sheet in a single layer
- Dot with butter or drizzle with olive oil
- Sprinkle with seasoning
- Bake at 375 degrees F for 30-40 minutes