



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Cauliflower Turmeric Flatbread

Ingredients

- 2 cups of organic raw riced [cauliflower](#)
- 4 [organic free-range eggs](#)
- 1 cup of almond meal
- 3 tsp. of [turmeric](#) powder
- 1/2 tsp. of Himalayan sea salt

Procedure

1. Preheat the oven to 350 degrees Fahrenheit, then line a baking tray with parchment paper.
2. Place all the ingredients in a medium bowl and mix them well with a spoon.
3. Transfer the mixture to the lined baking tray and evenly press it into a rectangle. Make sure the layer is about a quarter-inch (or about a half-centimeters: (0.19 inches) thick.
4. Bake for 30 minutes, or until it is golden.
5. Once baked, cool the flatbread completely, turn over on a rack and gently peel the parchment paper from it.
6. Store the bread in a container in the refrigerator for up to one week.

This recipe makes eight slices of flatbread.

Cauliflower as a Flour Substitute

Riced cauliflower is a great foundation for bread because it is a nutritious vegetable and contains only trace amounts of starch.¹ In contrast, flour is usually made from grains, and excessive consumption of it can lead to weight gain and increased risk of [diabetes](#).

One cup of fresh cauliflower already provides an impressive 77 percent of the daily recommended value for vitamin C, a nutrient essential for a strong immune system. Aside from that, cauliflower contains other nutrients, such as:

For men, eating cauliflower may help lower your risk of prostate cancer, thanks to its naturally occurring compounds called phenethyl isothiocyanate, according to researchers from Rutgers University.²