ROASTED CAULIFLOWER & BROCCOLI

Ingredients:

* 1 head of organic cauliflower and broccoli
* 1/3 cup avocado/olive oil blend
* 2 tsp minced garlic (I like to use the one that’s already minced in the jar for convenience)
* Sea Salt & Pepper

Directions:

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper or foil.
2. In a large bowl coat, the cauliflower and broccoli with the oil. Then add salt, pepper and garlic, toss to coat evenly.
3. Place on the lined baking sheet a cook for 10-15 minutes flip and cook for another 10 minutes or until it starts to brown.

My kids hated cauliflower until I tried this recipe now they will eat the whole thing.