

How to make Cauliflower Rice

Cauliflower rice can be made several different ways. You can use a food processor, a blender or a box shredder.

In this recipe I am using a food processor. Get a head of cauliflower. Cut off all the green on the bottom. Make sure you wash the cauliflower. Then cut the florets off the cauliflower and pulse in your food processor.

EASY

Enjoy this rice in your favorite recipes!!