



## Pineapple Turmeric Cauliflower Porridge

4 servings  
10 minutes

### Ingredients

2 cups Canned Coconut Milk (full fat)  
4 cups Cauliflower Rice  
1 1/2 tsps Turmeric (to taste)  
2 cups Pineapple (cored, chopped)  
1/2 cup Unsweetened Coconut Flakes (optional)

### Nutrition

Amount per serving	
Calories	344
Fat	28g
Carbs	21g
Fiber	5g
Sugar	12g
Protein	5g

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Stir the turmeric into the cauliflower porridge. Divide into bowls and top with the pineapple and coconut flakes (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and 1/2 cup of pineapple.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, pineapple juice, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.