

Cauliflower Popcorn

We have been making 'Cauliflower Popcorn' in class to the delight of nearly all of the students. Many students have requested to have the recipe sent home.

Quotes from the kids:

"This is the best thing ever I ate in my whole life!" - kindergartener

"I don't like it, I LOVE it!" - first grader

"It's even better than ice cream."- first grader

Cauliflower Popcorn_ serves 4 for a snack

- 1/2 head of cauliflower, cut into small florets
- Sprinkle of Braggs Liquid Aminos (similar to a mild soy sauce)
- 1 tablespoon nutritional yeast

Add ingredients to container with a tight-fitting lid. Shake until well mixed (we sang songs, counted in multiple languages, or in number multiples). Enjoy!

* Braggs Liquid Aminos and nutritional yeast can be found in the natural section of Fred Meyers as well as most health food stores.