

Recipe

Cauliflower Hash Browns

Serves 4

🕒 **Prep** 5 minutes 🕒 **Cook** 10 minutes 🕒 **Total** 15 minutes

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Ingredients

- 1 head Cauliflower (shredded/riced using a food processor or grater)
- 1/2 large Onion (shredded using a food processor or grater)
- 2 tbsp Golden flax seed meal
- 1/2 tsp Garlic salt (or sea salt)
- 1 large Egg
- 1-2 large Egg white (see instructions)
- 2 tbsp Avocado oil

Serving size: 1/4 of entire recipe (about 4-5 small hash browns)

Nutrition Facts

Amount per serving.

Calories: 144

Fat: 10g

Net Carbs: 5.8g

Protein: 6g

Fiber: 4.3g

Total Carbs: 10.1g

Sugar: 3.7g

Instructions

1. Microwave the riced cauliflower for 2-3 minutes, until tender. (Alternatively, you can steam it.) Set aside to cool.
2. Meanwhile, whisk together the shredded onion, golden flaxseed meal, garlic salt, egg, and one egg white in a large bowl.
3. When the riced cauliflower is cool enough to handle, wrap it in a cheesecloth or towel. Squeeze tightly over the sink to drain as much moisture as possible. (I drained more than a cup of liquid.)
4. Stir the cauliflower into the bowl with the other ingredients. If it doesn't stick together well when trying to form a patty (i.e. if your head of cauliflower was very large), add another egg white.
5. Heat oil in a skillet over medium heat. Drop tablespoonfuls of the cauliflower mixture onto the pan and press down with a spatula to form hash brown patties. Cook for 2-4 minutes, until the bottom is browned, then flip and repeat for 2-4 minutes on the other side. Repeat with the remaining cauliflower mixture.

Source: [wholesomeyum.com/recipes/cauliflower-hash-browns-low-carb-paleo](https://www.wholesomeyum.com/recipes/cauliflower-hash-browns-low-carb-paleo)

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