Cauliflower Power Bowl

If you love breakfast skillets, but you also want to live past 55, then you must try the Cauliflower Power Bowl. It takes about 12 minutes to cook, and is full of protein, antioxidants, and other nutrients I can't spell. Eat, laugh, and enjoy with guiltless and awkward glee.



1. Heat a stovetop pan on medium heat
2. Add a splash of oil (Canola, Extra-virgin olive oil, or coconut)
3. Crumble raw cauliflower into pan, using your hands
4. Add a few raw sliced veggies (peppers, onions, broccoli, etc)
5. Saute everything for 10 minutes
6. Place in serving bowl
7. Cook one sunny side up egg (the more runny, the better)
8. Place sunny side up egg in bowl
9. Sprinkle with sea salt and pepper
10. Eat it up!

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