

Cauliflower Breakfast Fried Rice

Ingredients:

1 lb cauliflower rice
1/2 lb nitrate free bacon
1/2 cup onion chopped
1/2 tablespoon garlic minced
1 cup sweet potato chopped finely
2 eggs
1/3 cup coconut aminos
1/2 teaspoon pepper
1/4 teaspoon ground ginger dried, not fresh
Diced avocado to garnish



Directions:

Heat a large pan. Place bacon directly in the pan.

Cook bacon for 4 minutes on each side, flip + cook for an additional 4 minutes until bacon is crispy and browned on edges.

Remove bacon and set aside on a paper towel lined plate. Make sure to keep bacon fat in the pan. Add onions, garlic + sweet potato directly to the pan with hot bacon fat. Sauté for 4 minutes until vegetables start to soften.

Push vegetables off to the side + scramble eggs on one side of the pan for about 3 minutes until eggs are cooked.

Stir in cauliflower rice, spices + coconut aminos with eggs/veggie mixture.

Cook over medium heat for 2 minutes. While mixture cooks, chop bacon.

Stir in chopped bacon. Garnish with avocado + enjoy!

Modified from source: www.thecleaneatingcouple.com