

SPICED AIR FRYER CAULIFLOWER



SERVING SIZE

2



INGREDIENTS

ITEM

Cauliflower Florets
Turmeric
Chili Powder
Garlic Powder
Oil
Salt
Black Pepper

QUANTITY

4 cups
½ tsp.
1 tsp.
1 tsp.
2 tsp.
½ tsp.
½ tsp.



PREPARATION

- Preheat air fryer to 390°F (200°C).
- In a large bowl, toss cauliflower florets with oil, turmeric, chili powder, garlic powder, salt, and black pepper.
- Arrange cauliflower in a single layer in the air fryer basket.
- Air fry for 12-15 minutes, shaking halfway through, until the cauliflower is crisp-tender and golden.
- Serve immediately. Enjoy!