

PICKLED CAULIFLOWER



SERVING SIZE

4



INGREDIENTS

ITEM

Cauliflower, Cut Into Small Florets
Garlic Cloves, Peeled
Water
Vinegar
Sea Salt

QUANTITY

1 Lb.
8
1 Cup.
1 Cup.
1 Tbsp.

ITEM

Truvia
Optional: Peppercorns, Pickling Spices, Fresh Dill, Lemon Zest, Hot Pepper Flakes

QUANTITY

1 Tbsp.



PREPARATION

- Place cauliflower florets and peeled garlic cloves into a clean jar or airtight container.
- Add any optional spices (peppercorns, dill, lemon zest, or chili flakes) if desired.
- In a small pot, bring water, vinegar, sea salt, and Truvia to a light boil, stirring until salt and sweetener dissolve.
- Pour the hot pickling liquid over the cauliflower in the jar, making sure all pieces are fully covered.
- Let the jar cool to room temperature uncovered.
- Seal the jar and refrigerate for at least 12 hours for best flavor.