

## Cauliflower Steak

- 1 -2 Large Cauliflower heads (easiest to cut into steaks)
- 1 TBL Coconut Oil (optional, omit for oil-free)
- 1 TBL Maple Syrup
- 8 Garlic cloves, halved
- 1 Red Onion, finely sliced
- 1 tea smoked Paprika

Note. Choose the largest cauliflower you can find, they're much easier to cut into steaks.

Preheat your oven. Set your oven to 450 degrees.

Cut Steaks. Remove the outer leaves and trim the stem end. Hold cauliflower with its base on a cutting board. Make one cut through the center of the cauliflower to divide it in half. Then cut each half into  $\frac{3}{4}$  inch thick slices.

Bake. Coat the cauliflower, garlic and onions in the coconut oil (if using) and maple syrup. Spread out on a baking tray lined with parchment paper. Bake in the preheated oven until crisp.