

# Gluten Free, Keto Friendly, Cauliflower Rice - how to make this at home

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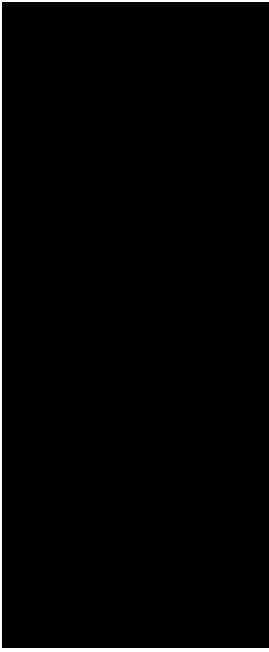
Cauliflower rice is something that I keep seeing at the store to which to me is nothing more than just over priced cauliflower that you can easily make at home. You can make this out of a head of cauliflower or sometimes it may be cheaper to buy the frozen cauliflower florets in the frozen section of your store.

All that you need to make this is:

- Cauliflower
- **Food Processor** or something like a **Ninja**

Directions:

1. If you are using a full head of cauliflower, trim off the florets and place into your **Food Processor** or **Ninja**
2. Blend or process it until it resembles rice like consistency.
3. That is all.



<https://youtu.be/tn-OR0ZvpRM>