

TOTAL				3/10/2023	2/5/2023	2/3/2023	12/23/2022
ORDER	Note	Unit	x3				
Result						spicing good; a bit mushy; combo w garlic cloves and	good
NOTES BELOW						2/3/2023	
pH							
Next time							onion, garlic
FINAL CALORIES							
FINAL WEIGHT							
FINAL VOLUME			4.5 oz				
POWDER VOLUME			4.5 oz	1.5 TBSP			
1	Cauliflower				2 med head = 2#	2 med head = 2#	1 med head = 1#
2	Onion fresh or flakes				2 large	2 large	forgot!
3	Garlic Cloves				1 head (8)	1 head (8)	forgot!
4	Avocado Oil OR	TBSP		4	2	2	4
4	Coconut Oil	TBSP			2	2	4
	Basil				---	---	---
5	Cardamon	tsp	1	1/3	1/2	1/2	
5a	Coriander	tsp	1	1/3	1/2	1/2	1
	Cumin	tsp	1/2	1/6	----	----	----
5b	Curry	TBSP	2	2/3	1	1	1
5c	Fenugreek	tsp	2	2/3	1	1	1
5d	Garlic Powder	tsp	2	2/3	1	1	1
5e	Ginger	tsp	2	2/3	1	1	1
	Mustard				---	---	---
5f	Onion Powder	tsp	2	2/3	1	1	1
	Paprika last, color	tsp	1	1/3	1/2	1/2	
5g	Pepper, Black	tsp	1	1/3	1/2	1/2	1/2
5h	Pepper, Red	tsp	1/16	pinch	pinch	pinch	pinch
	Rosemary	tsp	1	1/3	1/2	1/2	
	Sage	tsp	1	1/3	1/2	1/2	
5i	Salt	tsp	3	1	1.5	1.5	1.5
5j	Sugar	tsp	4	1.33	2	2	omitted
	Thyme	tsp	1	1/3	1/2	1/2	
	Turmeric	tsp	1	1/3	1/2	1/2	
	Yeast, Nutritional	tsp	2	2/3	1	1	
6	Honey	TBSP	4	1.3	2	2	2
7	Almond Flour	TBSP	4	1.3	2	2	2
F	Lemon Juice	TBSP					
F	Lime Juice	TBSP					
F	Apple Cider Vinegar	TBSP					
F	White Vinegar						
F	Rice Wine Vinegar	TBSP					
F	Olive Oil	TBSP					
F	Sesame Oil	TBSP					
F	Toasted Sesame	tsp					
Directions							
1) Pre-heat oven to 450, or convection roast to 425							
2) Oil, then powders, then honey, then almond flour last							
3) After putting in oven lower 25 degrees (425/400).							
4) Adjust salt and sugar at end							
Notes							
2/3/2023 conv roast 425, turn every 10 then 5, added almond flour and honey as it cooks want drier next time (longer or higher temp?)							
c: cauliflower, 1 medium head							