



Healthy Path
MARKET

CAULIFLOWER BASE 'MASA PARA PASTELES DE PUERTO RICO'

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Ingredients

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| 1 fresh cauliflower head (2 pounds app.) | 1/2 tsp of Cumin Powder |
| 1 green banana (3 oz) | 1 tsp of Turmeric |
| 2 egg whites | 1 tsp of Onion Powder |
| 2 tsps of salt | 2 tsps of olive oil with annatto seeds |
| 1 tsp of 'Sofrito' | |

Directions

1. In a food processor put in all of the ingredients except the egg whites. Blend all together until you get a paste.
2. Mix in the egg whites until well incorporated in the 'masa'.
3. Assemble the 'pasteles' with your favorites meats and cook them for 50 minutes.

Enjoy!

