

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling/Weight loss

DRX Spinal Decompression

Chiropractic

Acupuncture

Soleve

Comprehensive Blood Analysis



POPCORN (cauliflower corn)

Ingredients:

- 1 head of cauliflower (cut into small florets)
- 2 teaspoons of olive oil
- ½ teaspoon of Ideal Salt

Directions:

1. Heat oven to 400°F
2. In a large bowl, combine the cauliflower, oil, and ½ teaspoon Ideal salt
3. Transfer to a baking sheet and spread in a single layer
4. Roast, Stirring one time, until golden brown and tender (about 30 minutes)