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Steamed Vegetables

1-2 cups Vegetables of choice (broccoli, cauliflower, carrots, bell peppers, cabbage, etc...)

1-2 tblsp Olive oil/coconut oil/coconut ghee (green pastures)

Salt/pepper/garlic powder/seasonings of choice

Steam the vegetables for 5-8 minutes until tender. You can use a steaming basket or a colander inside a saucepan with a lid. Place vegetables on the plate and drizzle the olive oil or melt the coconut oil or coconut ghee on the vegetables. Season to taste.