Snack

Golden Cheesy Cauliflower Muffin Cakes

Pulsed cauliflower is bound with egg and two kinds of cheese, then baked in a muffin tin until the tops turn lightly golden.

45 min	80	8 g	3 g
time	calories	carbs	sugars

Gluten free | Nut free | Freezer safe

Ingredients, 6 servings

- [ ] 1 head cauliflower (about 2 pounds, cut into florets)
- [ ] 1 large eggs
- [ ] 1/2 cup extra light sharp cheddar (shredded)
- [ ] 2 tbsp Parmesan cheese (freshly grated)
- [ ] 1/2 tsp kosher salt (optional)
- [ ] 1/8 tsp black pepper

Method

- [ ] **1** Heat the oven to 375 degrees F and line a muffin tin with paper liners.
- [ ] **2** Pulse the cauliflower florets in a food processor until they have a fine, rice-like texture.
- [ ] **3** Tip the cauliflower into a medium bowl and stir in the egg, shredded extra light sharp cheddar, freshly grated Parmesan cheese, optional Kosher Salt and black pepper.
- [ ] **4** Scoop about 1/4 cup of the mixture into each muffin cup.
- [ ] **5** Bake for 30-35 minutes until the cakes are lightly golden on top.

Nutrition Facts

Per serving

Calories	**80**
Total fat	2.5 g
Saturated fat	1.5 g
Sodium	290 mg
Total carbs	8 g
Fiber	3 g
Total sugars	3 g
Protein	8 g

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