

Cauliflower Bites (Gluten Free, Low Carb)

(Cooking with the Girls – Ep. 7)

Ingredients:

2 Medium Heads of Cauliflower

½ Tbsp of Garlic Powder or 3 Cloves of Garlic, minced

1 tsp of Salt, or to taste

1/2 cup of Almond Flour

1 egg

Olive oil, for spritzing

Basil, chopped to garnish

Directions:

Preheat oven to 350°.

Steam or boil the cauliflower florets until cooked through. Strain cauliflower florets and put into a food processor. Process until it turns into a mashed potato like consistency. Spoon mixture into a bowl. Add in the garlic, salt, almond flour, and egg. Mix well.

Scoop around 1/2 tbsp of the cauliflower mixture and form into small balls. Place balls on a baking sheet lined with parchment paper. Spritz or brush balls with olive oil. Bake for 40-45 mins, or until balls are golden brown.

Garnish with some chopped basil or your favorite dipping sauce. Enjoy!

Makes: 70-75 Balls