

# Cauliflower Biscuits

## Ingredients:

1.5 lbs cauliflower, separated into florets  
1 large garlic clove  
2 eggs or 1/3 cup egg whites  
1 tbsp cornstarch  
1/2 cup + 3 tbsp any firm cheese, shredded & tightly packed  
1/2 tsp salt  
1/8 tsp black pepper, ground  
2-3 tbsp green onion sprigs, finely chopped  
Cooking spray

## Directions:

1 In a food processor, add cauliflower in batches and process until fine crumbs. Smaller than in my photos. In the last batch, add garlic. Preheat oven to 400 degrees F.

2 Preheat non-stick skillet on medium – high heat and spray with cooking spray. Add cauliflower and cook for 5 – 7 minutes or until a bit golden, stirring frequently and watching closely not to burn.

3 In the meanwhile, whisk the eggs in a medium bowl. Add cornstarch and whisk until dissolved. Add pre-cooked cauliflower along with cheese (except 3 tbsp), salt, pepper and green onions; mix well.

4 Line muffin tin with liners or use silicone muffin tin sprayed with cooking spray. Divide mixture evenly among openings and top with remaining 3 tbsp cheese. Bake for 25 minutes. Remove from the oven, let cool a bit and serve hot or cold (I like).

Nutritional Info

Servings Per Recipe: 12

Amount Per Serving = 1 biscuit

Calories: 45.4

Total Fat: 2.5 g

Sat Fat: 1g

Cholesterol: 36.0 mg

Sodium: 152.3 mg

Total Carbs: 3.2 g

Dietary Fiber: 1.2 g

Sugars: 3g

Protein: 3.2 g