

Cheesy Cauliflower Muffins



Makes 12 muffins

Ingredients:

- 2 cups finely riced, raw cauliflower
- 2 eggs, beaten
- 2 tablespoons melted butter
- $\frac{1}{3}$ cup grated parmesan cheese
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- 1 tablespoon dried onion flakes
- $\frac{1}{4}$ teaspoon salt

- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon baking powder
- 1/4 cup coconut or almond flour

Instructions:

1. Pre-heat oven to 375°F.
2. Combine the cauliflower, eggs, add melted butter in a medium bowl. Add the grated cheeses and mix well.
3. Stir in the onion flakes, salt, pepper, garlic powder, baking powder and coconut flour until thoroughly combined.
4. Divide the batter evenly between 12 greased muffin cups. Bake for 30 minutes or until golden brown. Turn off the oven and leave the muffins inside for one hour to firm up.
5. Remove and serve warm or cold.

Nutrition per muffin: Calories 127; Total Fat 9.5 g; Saturated Fat 5.6 g; Monounsaturated Fat 2.5 g; Polyunsaturated Fat 0.4 g; Total Carbohydrates 3.3 g; Dietary Fiber 1.3 g; Sugar Alcohols 0.0 g; Sugars 0.9 g; Protein 7.2 g; Sodium 276 mg