

Everything Cauliflower Rolls



Serves 4

Ingredients:

- 1 head cauliflower*, riced (about 3 cups)
- 3 tablespoons almond flour
- 1 tablespoon coconut flour
- 2 eggs
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon sea salt

For the "Everything" topping**:

- 1/2 teaspoon poppy seeds
- 1 tablespoon sesame seeds
- 1 teaspoon dried minced garlic
- 1 tablespoon dried minced onion
- 1/2 teaspoon sea salt

Instructions:

1. Pre-heat oven to 400°F.
2. In a food processor, or using a hand grater, pulse/grate cauliflower until it resembles rice in consistency.
3. In a bowl, combine eggs, cauliflower rice, almond flour, coconut flour, garlic powder, and salt.
4. In a separate bowl combine "everything" topping ingredients.
5. Lay parchment paper on a baking sheet. Make 4 even sized balls and lay onto parchment paper. Sprinkle "everything" topping and slightly press them into the top.
6. Bake for 15-20 minutes, or until bread-like consistency.
7. Optional: Broil on high for 3-5 minutes after baking.
8. Remove from baking sheet and let cool directly on a cooling rack. Serve with your favorite sandwich ingredients.

Note:

*Cauliflower sizes vary. If yours is large, an additional egg and tablespoon of flour may be needed to achieve a firmer consistency.

**Everything bagel seasoning may be purchased pre-made at some grocery stores (e.g., Trader Joe's and Costco). Read labels to avoid sugar or added carbohydrates.

Nutrition per roll: Calories 137; Total Fat 7.6 g; Saturated Fat 1.7 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat: 1.7 g; Total Carbohydrates 11.6 g; Dietary Fiber 4.6 g; Sugar Alcohols 0.1 g; Sugars 4.0 g; Protein 8.1 g; Sodium 520 mg