

Cauliflower Tots



CAULIFLOWER TOTS

ingredients

2 cups cauliflower grated on the large holes of a box grater
1 egg – lightly beaten
3-4 tablespoons flour (whole-wheat preferred)
¼ cup grated white cheddar cheese (or other preferred cheese)
Non-stick spray or parchment paper

directions

Preheat oven to 400 degrees.

Spray baking sheet with nonstick spray or line with parchment. Combine all ingredients in a bowl and form into balls a little smaller than a golf ball. Start with 3 tablespoons, and add more if necessary for forming tots.

Evenly space on the baking sheet and bake for about 20 minutes or until cooked through.

notes

Serve as a snack or as a side dish!

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SERVE PEOPLE. FEED COMPASSION.