CAULIFLOWER CHEESY BREADSTICKS

Ingredients:

- 1 cauliflower head
- 1 organic egg
- 2 cups mozzarella cheese, shredded
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried basil
- 1T garlic powder
- Fresh ground salt & pepper to taste



Directions:

1. Remove cauliflower florets from stem & pulse in a food processor or chop into very small pieces
2. Put cauliflower in a bowl & cover with a towel or paper towel. Microwave for 2 minutes to soften
3. Using a cheesecloth or paper towels, squeeze cauliflower as much as possible to drain all water out until cauliflower is dried
4. Preheat oven to 400 degrees
5. Place drained cauliflower back in bowl & add the rest of ingredients & mix well together
6. Line a baking sheet pan with parchment paper & spread cauliflower mixture over parchment paper. Create a rectangle about 1/2 inch thick (make sure it's evenly spread and not too thin)
7. Bake for 18-20 minutes until crust is golden brown
8. Slice crust into breadsticks as wide as you wish. Garnish with parsley & serve immediately with your favorite marinara sauce. Enjoy!

NUTRITION PER SERVING:

Per serving: 224 calories, 19g protein, 11g carbs, 3g fiber, 14g fat, 8g sat fat, 87mg chol, 403mg sodium

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