



## ME Recipe: Italian Cauliflower Bites (dairy free)

### Ingredients:

- 2 cups cauliflower, riced
- ¼ cup egg whites
- 1/2 cup plain unsweetened coconut yogurt (or 1% cottage cheese)
- 1/8 cup Daiya dairy-free cheese, cheddar flavor (can use Feta if not dairy-free)
- 3 tsp Ms. Dash Tomato Basil seasoning
- 2 tsp coconut oil
- ¼ cup mushrooms, very finely chopped (I used my OXO chopper)
- Sea salt to taste
- Splash of Tobasco

### Directions:

Preheat oven to 375 degrees. Mix together cauliflower rice, Ms. Dash and salt. Sauté in coconut oil until cauliflower is translucent. Using a food processor or Vitamix, blend together yogurt or cottage cheese and egg whites until smooth. Mix cauliflower mixture, egg white mixture and mushrooms together in a bowl. Spoon evenly into a mini-muffin pan sprayed with cooking spray, filling each muffin slot about halfway full. Cook 30 minutes (watch closely); cool for 20 minutes before removing from pan. Makes 24 mini muffins. Great to dip in low-sodium tomato sauce.

