

Easy Cauli-Tots Recipe

INGREDIENTS

- 2.5 cups cauliflower, blanched and chopped finely (*to blanch, place cauliflower in a pot with boiling water for about on 30-60 seconds, drain and rinse quickly with cold water to stop the cooking process).
- 2 eggs, whisked
- 2/3 cup panko breadcrumbs
- 1/3 cup diced onion
- 1 tsp garlic powder
- 1/2 tsp pepper
- 1/4 tsp salt
- 2 cups grated, sharp cheddar cheese



DIRECTIONS

1. Pre-heat oven to 400 F and grease a mini muffin-tin (can also form into "tots" yourself and place on a greased baking sheet)
 2. Add all ingredients to a medium-sized bowl and mix well.
 3. Scoop about 1 tbsp of mixture into each mini muffin cup and press down firmly
 4. Bake at 400 F for 18-20 minutes, until golden brown on top.
- Enjoy with your favourite dip or on their own, with a meal or as a snack!

Recipe by Sarah Remmer (online source: <https://www.sarahremmer.com/easy-cauli-tots-recipe/>)