

168 kcal	0.8 net carbs
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CAULIFLOWER PARMESAN STICKS



Measurements	Ingredients	Net Carbs
2 tsp.	Bob's Red Mill® almond flour	.5
2 tsp.	Egg, raw	
1 Tbsp.	Parmesan cheese	
1 Tbsp.	Mayonnaise	
2 Tbsp.	Cooked, chopped cauliflower	0.3
	Pinch of salt and onion powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- Chop the cooked cauliflower in a food processor, then properly portion.
- Mix in the remainder of the ingredients to form a paste.
- Grease a silicone mold with nonstick cooking spray.
- Scoop mixture into the mold dividing evenly.
- Bake for 20-25 minutes until golden brown.
- Allow to fully cool before removing from the mold.

VARIATIONS

- If your child requires additional fat servings, a mayonnaise dip can be served with this meal by combining mayonnaise with dry seasonings (salt, black pepper, cayenne pepper, paprika, and garlic powder).