

# Baked Cauliflower Tots

## INGREDIENTS

4 cups steamed cauliflower

1/3 cup coconut flour

2 eggs

1 tsp garlic powder

1/2 tsp garlic salt

## METHOD

1. Preheat oven to 218°C
  2. Place steamed cauliflower in a food processor and pulse until it resembles crumbs.
  3. Pour it into a bowl and stir in the remaining ingredients until combined.
  4. Line a baking sheet with parchment paper.
  5. Using a cookie scoop or about a tablespoon of the mixture, form cylindrical shapes.
  6. Bake for 15 minutes then flip them over and cook for another 5 minutes. Cool slightly then enjoy!
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