

# Cauliflower Garlic Fingers



## Ingredients

1-2 servings

- 1 Cauliflower Head (fresh)

OR 2 Cups Cauliflower Rice (Frozen)

- 1 tsp Dried Oregano
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Pink Himalayan Salt
- 2 Garlic Cloves (Fresh, Grated)

OR

- 1/4-1/2 tsp Garlic Powder
- 1 cup of Grated Mozzarella or Marble Cheese

## Directions

1. Preheat oven to 425 degrees
2. Wash and chop the cauliflower florets (discard stems)

*\*Skip this step if using frozen cauliflower rice*

3. Add only the florets to a blender/food processor and pulse until it turns into small rice sized particles.

4. Transfer the cauliflower to a microwave safe bowl.

Cover with lid and microwave for 10 minutes. Remove and let sit.

5. Transfer mixture to baking sheet lined with parchment paper

6. Roll and spread dough out, top with cheese and bake 25 minutes.

