

Gluten Free, Keto Friendly, Cauliflower Cheese Sticks

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Here is a super easy way to make a cauliflower cheese sticks that are not only gluten free but they are also keto friendly (low carb)

Ingredients:

- 1 head of cauliflower
- 1/4 cup of **parmesan cheese**
- 2 eggs
- 2 cups shredded cheese
- 3 or so cloves of garlic

Directions:

1. Pre-heat the oven to 350 degrees.
2. Trim the cauliflower and place into a **ninja** or **food processor** along with the garlic.
3. Once the cauliflower is a rice like consistnency, take out and place into a **large bowl**
4. Add the eggs, **parmesan cheese** and 1/2 cup of shredded cheese and mix well.
5. Line a **large pizza** pan with **parchment paper**
6. Dump the cauliflower mixture on top of the parchment paper and press out until it either fills the pan or is the size that you want.
7. Bake in the oven for 20 minutes or so, or until the top starts to get a bit golden brown. .

Watch this video on Dailymotion - <http://dai.ly/x6hzmpg>

Watch this video on DTube - <https://d.tube/v/jmrados/ft7geesx>

Watch this video on YouTube - <https://youtu.be/t4T8pOe8PhY>

