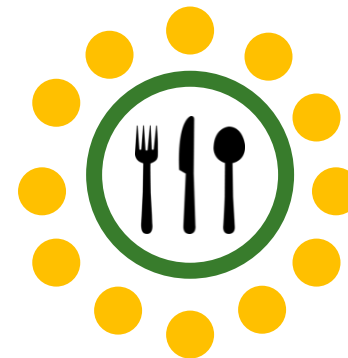


recipe of the week:

Cauliflower Pizza Bites



ingredients:	directions:
4 cups grated cauliflower	1. Preheat oven to 400° F.
3 eggs	2. Combine grated cauliflower, eggs, oil, and seasonings in a large bowl.
1 tablespoon olive oil	3. Add in your desired fillings. Be sure to not use too many or they won't hold together. I use 4 ounces of meat, and about a cup of veggies.
1 tablespoon Italian seasoning	4. Fill the muffin tin by packing the filling into them. Be sure to press down to help them form.
1 onion powder	5. Bake for 30-35 minutes or until the tops are golden brown.
1 garlic powder	6. Serve with your favorite marinara sauce.
1/2 teaspoon red pepper flakes (optional)	
4 oz. of pepperoni, beef sausage, bacon, and ham	
Veggies needed: bell peppers, onion, olives, artichokes, and spinach	

Presented by:

