



Cauliflower cakes

Recipe:

- 1 small head of cauliflower
- 2 eggs
- 1/3 cup plain greek yogurt
- 1/2 cup cedar cheese
- 1 teaspoon garlic powder
- 1 teaspoon sea salt ground pepper to taste
- 2 egg whites

Steam cauliflower 12-14 minutes until tender. Place in food processor to blend until creamy. Combine 2 eggs, yogurt, seasonings, and cheese. Add cauliflower mixture. In a clean bowl beat 2 egg whites until stiff peaks. Slowly fold into cauliflower mixture. Scoop into muffin pan and bake at 400 degrees for 20-25 minutes until set and lightly brown.

Apple Topping

- 1 medium apple
- 1 tablespoon maples syrup
- Cinnamon to taste

Dice apple finely and place in microwave safe dish. Top with maple syrup and cinnamon. Microwave for 6 minutes, stir and for an additional 4 minutes depending upon microwave. Remove cakes from oven and flip. Place apples on top of each cake along with additional cheese for garnish. Serve warm or room temperature.