



Everything Bagel Bites



1/6th of recipe (3 bites): 115 calories, 1.5g total fat (0.5g sat fat), 352mg sodium, 17.5g carbs, 3g fiber, 1.5g sugars, 6g protein

Freestyle™ SmartPoints® value 3*

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Prep: 15 minutes **Cook:** 15 minutes

Cool: 10 minutes



Ingredients

1 cup roughly chopped cauliflower or 3/4 cup [cauliflower rice](#)
1 cup whole-wheat flour
3/4 cup fat-free plain Greek yogurt
1 tbsp. whipped butter, room temperature
2 tsp. baking powder
1 tbsp. everything bagel seasoning blend (like [the kind by Trader Joe's](#))
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
Optional toppings: reduced-fat/light cream cheese, additional whipped butter

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs. (Even if you begin with cauliflower rice, don't skip this step!)

Place cauliflower crumbs in a large microwave-safe bowl; cover and microwave for 2 minutes. Uncover and stir. Re-cover and microwave for another 2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain and cool, about 10 minutes.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible.

Return cauliflower crumbs to the large bowl. Add all remaining ingredients *except* seasoning and egg whites/substitute. Thoroughly mix.

Fold in 1 tsp. seasoning. Evenly form into 18 balls (about 1 1/2 tbsp. each), and place on the baking sheet, evenly spaced.

Brush the tops with egg whites/substitute. Evenly sprinkle with remaining 2 tsp. seasoning.

Bake until tops are golden brown and insides are cooked through, 8 - 10 minutes.

MAKES 6 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.