



## Cauliflower Stuffing Biscuits



1/6th of recipe (1 biscuit): 117 calories, 1.5g total fat (0.5g sat. fat), 381mg sodium, 21g carbs, 3g fiber, 4.5g sugars, 6g protein

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**Prep:** 15 minutes    **Cook:** 20 minutes

**Cool:** 10 minutes



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### Ingredients

3/4 cup riced cauliflower (or 1 cup roughly chopped cauliflower)  
3 tbsp. sweetened dried cranberries, chopped  
1 cup whole-wheat flour  
3/4 cup fat-free plain Greek yogurt  
1 tbsp. whipped butter, room temperature  
2 tsp. baking powder  
1/2 tsp. ground thyme  
1/2 tsp. onion powder  
1/2 tsp. salt  
1/4 tsp. ground sage

### Directions

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

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces.

Place riced cauliflower 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.

Meanwhile, place cranberries in a small bowl, and cover with warm water to soften.

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

Return cauliflower to the large bowl. Drain cranberries, and add to the bowl. Add remaining ingredients, and thoroughly mix.

Evenly form into 6 mounds (about 1/3 cup each), and place on the baking sheet, evenly spaced. Bake until golden brown and cooked through, 12 - 14 minutes.

### MAKES 6 SERVINGS

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