



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

Freestyle™ [SmartPoints®](#) value 3*

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

Cool: 10 minutes

Tagged: [Recipes for Sides, Starters & Snacks](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[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.