



## Cheddar Yay! Cauliflower Biscuits



[Click here for a video demo](#) !

1/6th of recipe (1 biscuit): 133 calories, 3.5g total fat (2g sat fat), 353mg sodium, 18g carbs, 3g fiber, 1.5g sugars, 8.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 10 minutes    **Cook:** 15 minutes

**Cool:** 10 minutes



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

### 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  
1/2 cup shredded reduced-fat cheddar cheese  
1 tbsp. whipped butter, room temperature  
2 tsp. baking powder  
1 tsp. dried parsley  
1/2 tsp. garlic powder  
1/4 tsp. salt  
Dash cayenne pepper  
Dash paprika

### 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. Let cool for 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 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 tops are golden brown and insides are cooked through, about 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.