



## 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

[Click for WW Points® value\\*](#)

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

**Cool:** 10 minutes



More: [Breakfast Recipes](#), [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 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**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

