



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

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

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