Cauliflower Cheese Nuggets

Ingredients:

2 cups of Cauliflower

1/2 cup Parmesan cheese

1 egg

1/4 teaspoon salt

1/8 cup ground flax seed

1/8 cup oat bran

1/2 teaspoon garlic powder

Directions:

1. Preheat oven to 350° and lightly oil baking sheet
2. Steam cauliflower florets until soft
3. In a medium bowl, mix together the cauliflower, cheese, egg and salt. The mixture will seem very wet.
4. In separate bowl mix together the flax seed meal, oat bran, and garlic powder.
5. Pick up a small amount of the cauliflower mixture in your hand and toss if from hand to hand until you form a small ball.
6. Roll the ball in the flax seed mixture until it is completely covered.
7. Place it on your oiled baking sheet and press it down to form a nuggets shape. Continue with rest of the mixture.
8. Bake in the oven for 30 minutes, flipping the nuggets over with a spatula half way through baking time.