

# Cheesy Cauliflower Bites

Food Foundations



**Serves:** 10

**Prep Time:** 15

**Cook Time:** 20

## Ingredients

- 3 cups cauliflower florets (half a large cauliflower)
- 1 cup shredded cheese
- 2 eggs
- 2 tsp dried herbs or 2 tbsp fresh herbs (dried oregano, fresh parsley, basil or chives)

## Method

1. Preheat oven to 180C.
2. Spray a mini muffin tin with olive oil spray.
3. Steam cauliflower in the microwave or saucepan for 5 minutes or until softened, allow to cool slightly and drain any excess liquid.
4. Use a food processor to blitz for 10 seconds or until cauliflower is in small pieces (like rice).
5. Add to a bowl with cheese, egg and herbs. Mix well to combine.
6. Spoon mixture into mini muffin tin.
7. Bake in oven for 15-20 minutes or until golden and cooked through. Cool in pan for a few minutes before removing.

### Recipe Notes:

This recipe allows for 2 cauliflower bites per child. These can be served by themselves or with some relish as a dipping sauce. Serve warm or cooled.

Food Group	Serves provided per portion
Vegetables	0.6
Fruit	0
Grain foods	0
Lean meat and alternatives	0.1
Milk, yoghurt and cheese	0.3