

Everything Bagel Cauliflower Rolls

(Whole 30 and Paleo)

Shopping List:

- 1 head of cauliflower, riced
- 1/3 cup almond flour
- 1 tbsp garlic powder
- 1/2 tsp sea salt
- 3 large eggs, whisked
- Everything but the Bagel spice

Directions:

Preheat the oven to 400°F. Line a baking sheet with parchment paper and spray the paper with olive oil or coconut oil non-stick spray.

Mix the riced cauliflower with the dry ingredients. Add in the whisked eggs and mix well. Divide the mixture by 8 and roll it into a ball. I simply used a measuring cup to scoop and drop the mixture onto the pan. Sprinkle each roll with a heaping amount of Everything but the Bagel spice, then bake for 35-40 minutes until golden brown along the bottoms. I had to take mine out early so keep an eye on them as each oven varies.