

Cauli Pops

INGREDIENTS

2 Cups cauliflower

$\frac{1}{4}$ Cup Mozzarella

8 Tbsp Parmesan

1 Tbsp Butter

1 Egg

1Tsp Mixed herbs

Salt and pepper to taste

Note: I turned the oven onto grill for the last 5 minutes to get a golden brown colour.

METHOD

Steam the cauliflower until soft. Drain all excess moisture. Mix all the ingredients in a bowl, use a fork to get a smooth consistency.

Spoon teaspoon size pops onto a baking tray, lined with baking paper and refrigerate for 10 minutes, to allow the pops to firm up.

Bake for 15 - 20 minute at 160C until brown.



FROM THE  OF: Cornia