



Cauliflower Garlic Bread

Servings: 4 servings *Prep Time:* 20 minutes *Cook Time:* 30 minutes

Course: Appetizer, Side Dish *Cuisine:* American

Garlic and butter is spread on top of cauliflower bread for a low carb alternative to garlic bread.

Ingredients

- 3 cups finely riced raw cauliflower (see note)
- 2 large eggs
- 1/2 cup shredded parmesan cheese
- 1/2 tsp garlic powder
- 4 tbsp almond flour
- 1/2 tsp baking powder

garlic spread

- 4 garlic cloves minced
- 2 tbsp butter
- 2 tbsp olive oil
- 2 tsp chopped parsley
- 3 tbsp parmesan cheese

Instructions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine cauliflower, eggs, cheese, garlic powder, almond flour, baking powder. Mix with a large spoon until everything is thoroughly combined.
3. Pour contents of the cauliflower bread batter onto baking sheet lined with parchment paper. Using a spatula, spread and smooth out until you have an oval or rectangle that is 1/2 inch thick. The width and length is up to you. I did an oval shape that measured 11 inches for the large diameter and 7 1/2 inches for the small diameter.

4. Place cauliflower bread in oven and cook for about 25 minutes or until edges turn brown and top is golden. When the bread is done, it should also easily come off the parchment paper.
5. Add butter, oil and garlic to a small saucepan and heat on the stove just until butter is melted. Brush garlic butter mixture onto bread, making sure to get all the minced garlic evenly spread over surface of the bread. Sprinkle 1 tsp parsley evenly over bread. Sprinkle parmesan cheese evenly over bread.
6. Place an oven-safe cooling rack on top of your baking sheet and carefully place cauliflower bread on top of the cooling rack. Place bread into oven and set your oven to low broil. Cook about 5 minutes or until cheese is melted and begins to brown and edges of the cauliflower bread crisp up.
7. Remove bread from oven. Sprinkle with remaining parsley. Slice and serve.

Notes

- I recommend pulsing cauliflower florets in a food processor until they resemble coarse crumbs like photo in the post.

Nutrition

Serving: 0.25 of recipe, Calories: 280kcal, Carbohydrates: 7.8g, Protein: 11.2g, Fat: 22.4g, Saturated Fat: 8g, Sodium: 341.1mg, Fiber: 2.9g, Sugar: 1.5g, NET CARBS: 5g

The nutrition information provided are only estimates based on an online nutritional calculator. I am not a certified nutritionist. Please consult a professional nutritionist or doctor for accurate information and any dietary restrictions and concerns you may have.

Did you make this recipe?

I'd love to see it! Mention @KirbieCravings and tag #kirbiecravings!