

CAULIFLOWER CHEESE STICKS

WITH WST GARLIC & HERB SEASONING

INGREDIENTS

- 2 cups riced cauliflower
- 1.5 cups of cheese (blend of mozzarella and Italian blend)
- ¼ TSP garlic powder
- ¼ TSP salt
- ¼ TSP pepper
- 1 TSP of WST Garlic & Herb Seasoning



HOW TO MAKE THE CHEESE STICKS

The first step is to cook the cauliflower. If you are using frozen riced cauliflower, allow the bag to defrost. Once the riced cauliflower is defrosted place in a microwave safe bowl and microwave four 10-15 mins (until soft). While that is cooling preheat oven to 375 and line a cookie sheet or baking pan with parchment paper.

Once the cauliflower has cooled, use several layers of paper towel or cheese cloth to remove as much water as you can. Mix 1 cup of your cheese blend, salt, pepper and ½ TSP of your WST seasoning in with the riced cauliflower. Spread mixture evenly onto parchment paper. Bake for 25 mins or until slightly toasted on the top. Mix remaining ½ TSP of WST seasoning in with remaining cheese and sprinkle on top. Bake for another 5 mins or until cheese is melted and bubble. Enjoy with your favorite pizza sauce!

