

Cauliflower Waffles

Link for credit: <https://www.ketoconnect.net/cauliflower-waffles/>

Ingredients:

- 1 cup of raw cauliflower
- 1 cup of mozzarella/cheddar cheese
- 2 eggs
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1/2 teaspoon of black pepper
- ½ teaspoon of salt
- 1 table spoon chives or green onions
- 2 pieces bacon

Instructions:

1. Precook bacon and break into small pieces.
2. Wash and shred cauliflower into course cut rice.
3. Shred cheese.
4. Preheat waffle maker.
5. Oil waffle maker.
6. Combine all the ingredients into a large bowl.
7. Scoop out some of the mixture onto the greased preheated waffle iron.
8. Put mixture in the middle and press waffle iron down so it spreads and cooks evenly.
9. Cook for 5 minutes or until brown.
10. Top with sour cream, cheddar cheese and chives.

Options:

Add ¼ cup of flaxseed meal

Add egg

Add avocado

Add tomatoes



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