

3- Carb!! Cauliflower Breadsticks with garlic butter from wholesome Yum

1 head of cauliflower (rice using a grater or food processor)

1/2 cup hemp seed

2 large eggs

3/4 tsp. sea salt

1/2 tsp. black pepper

3 Tbls. butter

1 Tbls. fresh parsley

2 cloves garlic, minced

Place the riced cauliflower in a microwave safe bowl. Microwave on high for 10 minutes (or steam on the stove), until softened. Set aside.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper

While the cauliflower is cooling combine the butter, garlic and parsley in a small bowl. Heat in the microwave or on stove until melted. Stir to combine. When the cauliflower is cool enough to handle, transfer it to a tea towel and squeeze tightly several times to drain as much water as possible. **Important step or bread sticks will be soggy.** You should get close to a cup of moisture out. Combine the drained riced cauliflower, hemp seeds, eggs, sea salt, and black pepper in a large bowl. Mix well. Transfer dough onto the lined baking sheet. Press into a rectangle about 1/3 inch thick (12"x 8" with a big head of cauliflower). Gently brush the top with the garlic butter mixture. Bake for about 25 minutes, until golden. Cool slightly, then cut into breadstick shaped rectangles.