

BAKED CAULIFLOWER GNOCCHI

(Serves 2)

2 cups cauliflower “rice”
1/2 ball fresh mozzarella, excess water pressed out, then shredded (about 1 cup)
1/2 cup freshly grated parmesan
1/4 cup almond flour
1 teaspoon salt
2 egg yolks
Olive oil spray for baking sheet

Microwave cauliflower rice on high for 3-4 minutes. Remove from microwave and spread evenly between two clean kitchen towels. Press the excess water out of the cauliflower, let stand for 10 minutes, then press some more. Pour cauliflower into a medium mixing bowl. Add mozzarella, parmesan, almond flour, and salt. Using a fork, stir in egg yolks, one at a time, until mixed in. Place mixing bowl uncovered in fridge for 1 hour.

Preheat oven to 400°. Remove mixing bowl from fridge and begin forming with your hands into gnocchi—about 1” wide and 1.5” long. Place on a nonstick foil-lined baking sheet sprayed with olive oil. Bake on bottom shelf of oven for 10 minutes. Serve with Pumpkin Marinara.

