



Chocolate Chip Cauliflower "Rice" Cookies

Servings

48 small or 24 large

Calories

120

Prep Time

12 minutes

Total Time

24 minutes

Skill Level

Easy

Ingredients

1 cup Mann's Cauliflower "Rice", microwaved uncovered for 5 minutes

½ cup unsalted butter, softened

¾ cup sugar

1 egg

1 teaspoon vanilla extract

1 ½ cup all-purpose flour

1 teaspoon baking soda

½ teaspoon salt

¾ cup semi-sweet mini chocolate chips

½ cup walnuts, chopped (optional)



The Method

Preheat oven to 350° F. Microwave Cauliflower "Rice" and set aside to cool.

Cream butter and sugar together in large mixing bowl until light and fluffy. Add egg and vanilla and beat until incorporated, then stir in cooked "Rice".

In another small bowl whisk together flour, salt and baking soda. Add dry ingredients to butter mixture and mix until just blended in then add chocolate chips and nuts and mix until well blended. Drop 1 tablespoon for small cookies (2 inches apart) and 2 tablespoons (3 inches apart) for larger cookies onto parchment lined cookie sheets and press cookies flat if thinner cookies are desired. Bake for 9-12 minutes until golden brown. Larger cookies may require slightly longer baking time.



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Nutrition Facts

Serving Size: 32g | Servings: 24

Amount Per Serving

Calories 120 | Calories from Fat 60 | Total Fat 7g (sat fat 3.5g trans 0g) | Cholesterol 20mg | Sodium 110mg | Total Carbohydrate 14g |
Dietary Fiber 1g | Sugars 8g | Protein 2g | Vitamin A 2% | Vitamin C 4% | Calcium 2% | Iron 4%