

# PAO DE QUEIJO

## INGREDIENTS:

- 1 cup cauliflower rice, packed
- $\frac{3}{8}$  teaspoon fine sea salt
- 1 large egg
- 2 tablespoons reduced-fat milk
- 1 cup tapioca flour
- $\frac{1}{2}$  cup shredded mozzarella cheese
- 3 tablespoons grated Parmesan cheese
- Additional water, if needed

## DIRECTIONS:

1. Preheat the oven to 400°F. Grease each cup of a muffin tin.
2. Add cauliflower, salt, egg, milk, and flour to a food processor and blend until smooth, scraping down the sides as needed. Add both cheeses and pulse until evenly incorporated. The consistency should be sticky and slightly thinner than cookie dough; if needed, add either a splash of water or more tapioca flour,  $\frac{1}{2}$  tablespoon at a time, and blend to incorporate.
3. Use a small ice cream scoop or tablespoon to scoop a spoonful of dough into each muffin cup. Moisten your fingers with water and pat each scoop into a slightly rounded mound.
4. Baked until the tops are lightly browned, 18–20 minutes. Transfer to wire rack or plate and serve warm.



30 MINUTES | SERVES 12

### Nutrition Facts

64 calories | 2g fat | 1g saturated fat | 140mg sodium |  
10g carbohydrate | <1g fiber | <1g sugar | 2g protein