

# Cauliflower Everything Bagels



**Active:** 30 mins

**Total:** 55 mins

**Servings:** 4

Get all the flavor of classic everything bagels with fewer carbs and calories. These grain-free cauliflower bagels leave plenty of room for garlicky everything bagel seasoning and a schmear of cream cheese.

Carolyn Casner

## Ingredients

6 cups cauliflower florets  
(about 1 1/2 pounds)

1 cup shredded sharp Cheddar  
cheese

1 large egg, lightly beaten

2 ½ teaspoons everything  
bagel seasoning

## Directions

### Step 1

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

### Step 2

Place cauliflower in a food processor. Process until finely chopped. Transfer to a microwave-safe bowl. Cover loosely with plastic wrap and microwave on High for 3 minutes. Let cool slightly.

### Step 3

Transfer the cauliflower to a clean kitchen towel and wring out excess moisture. Return to the bowl and stir in Cheddar and egg until thoroughly combined.

### Step 4

Divide the mixture into 8 portions on the prepared baking sheet and flatten into 3 1/2-inch circles. Using a 1-inch biscuit cutter, make a hole in the center of each circle. Remove the small circle and pat that dough onto the bagel ring. Sprinkle with seasoning.

### Step 5

Bake until browned and crispy around the edges, 22 to 25 minutes.

## Tips

To make ahead: Freeze baked bagels between layers of parchment or wax paper in an airtight container for up to 3 months.

**Time**

**tips**

Equipment: Parchment paper

### **Nutrition Facts**

**Serving Size:** 2 Bagel Pieces **Per Serving:** 185 calories; protein 11.1g; carbohydrates 8.9g; dietary fiber 3.2g; sugars 3.3g; fat 11.1g; saturated fat 5.9g; cholesterol 74.5mg; vitamin a iu 418.4IU; vitamin c 77.4mg; folate 105mcg; calcium 242.9mg; iron 0.9mg; magnesium 33.2mg; potassium 518.6mg; sodium 450.4mg; thiamin 0.1mg. **Exchanges:**  
1 1/2 Vegetable, 1 High-Fat Protein

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