Cauliflower Breadsticks (Gluten-Free Breadsticks)

ingredients

- 1 Tbsp coconut oil
- 1 cup grated cauliflower
- 1 egg
- 1 cup shredded mozzarella cheese
- 1 tsp garlic powder
- 1 Tbsp Italian herbs

instructions

1. Preheat oven to 350°F. Place a piece of parchment paper in a 9x13 baking dish with the sides sticking up a bit. Lightly grease the parchment with coconut oil.
2. Mix cauliflower, egg, and 3/4 cup shredded mozzarella together in a bowl. Pour mixture onto parchment in baking dish and spread out so it's about 1 1/2 inches thick. Bake for 30 minutes.
3. Lift parchment paper by sides and use a spatula to lift all edges of the bread to flip. Increase oven temperature to 450°F and bake for another 10-15 minutes.
4. Remove from oven. Use a pizza cutter to cut into breadsticks. Top with remaining shredded cheese, and cook for another 10-15 mintues.