



## Cauliflower Hash Egg Muffins

### Ingredients:

- 1 tbsp. olive oil, divided
- 2 tablespoons onion flakes
- 3 cups fresh or frozen riced cauliflower drained and thawed
- 2 egg whites
- 1 package of Gerber Diet Cheese Dip
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- 12 eggs
- 2 green onions, sliced

### Directions:

1. Preheat oven to 425°F. Coat a 12-cup muffin pan with ½ tbsp. oil.
2. In a large skillet, heat remaining ½ tbsp. oil over medium-high. Add onions and cook until tender, 4 to 6 minutes. Add cauliflower and cook until slightly tender, 3 to 4 minutes.
3. Transfer cauliflower mixture to a large bowl and add egg whites, cheese, salt, pepper, and garlic powder. Mix well. Scoop a little less than ¼ c of cauliflower mixture into each muffin cup. Press cauliflower mixture down and around sides of muffin cups to create nests. Bake 18 to 20 minutes, or until top edges become golden and crispy.
4. Reduce oven heat to 375°F and remove muffin pan. Crack one egg into each cup, taking care not to overflow the nest. Return pan to oven and bake until egg whites are no longer transparent, 8 to 10 minutes. For fully cooked-through eggs, bake 2 to 5 minutes longer. Top with green onion.

Serving Size: 2 Muffins