



### **Cauliflower Cheesecake Mini Muffin Appetizers**

- 5 cup(s) coarse chopped cauliflower florets
- 1/4 cup(s) low fat milk
- 2 eggs
- 8 ounces reduced fat cream cheese with chive & onion
- 1/4 cups fine shredded pepper jack cheese
- 1/2 tsp. garlic salt
- 1/4 tsp. white pepper
- 1/4 tsp. ground nutmeg
- 1/2 cup fine shredded Italian cheese
- 7 Tablespoons fine crushed garlic & onion croutons, divided
- 6 Tablespoons fine shredded Italian cheese, chopped
- Ground paprika as desired

#### Steps

1. Preheat oven to 350 degrees F.
2. In food processor, coarse chop cauliflower; place 5 cups into 8 cup microwavable measuring bowl with milk.
3. Cook in microwave oven on high power for 4 minutes; stir; continue cooking for 2 to 4 minutes or until softened. Let rest 1 minute.
4. Meanwhile, beat eggs until foamy; set aside.
5. With an immersion blender or food processor, puree cauliflower until smooth; stir in cream cheese until melted; mix in pepper jack cheese, garlic salt, white pepper, nutmeg, and 1/2 cup shredded Italian blend cheese. Fold in beaten eggs.

6. Place silicone cups or paper liners inside mini cupcake pans. Sprinkle about 1/2 teaspoon crushed croutons evenly into bottom of each cup. Fill each cup with about 1 Tablespoon creamy cauliflower mixture.
7. In a small bowl, combine about 1 Tbsp. crushed croutons with fine chopped cheese; sprinkle the top of each cup with crushed croutons cheese mixture and a sprinkle of paprika. .
8. Bake in 350 degree oven for about 18 to 20 minutes or golden brown. Remove from oven; let rest 5 minutes; remove cauliflower cheesecake cups from pan. Serve warm. Yield: about 2-1/2 to 3 dozen

**About the Recipe:** Surprise your guests and serve a great vegetarian appetizer, Cauliflower Cheesecake Mini Muffins. Under the crunchy browned top is a creamy soft vegetable filling, bursting with flavor on an onion-garlic crouton crust. Do you want a spicy hot start? Substitute the Italian cheese with Hot Pepper cheese or sprinkle with ground red pepper.