



Ingredients

- 1 head of cauliflower
- 3 Green onions
- 2 mini Bell peppers - yellow & red
- 10 strips of Bacon
- 1 ½ cups of shredded cheddar Cheese
- ¾ cup of Sour cream
- ½ tsp Salt
- ½ tsp Black pepper
- 1 tsp of garlic parmesan



1. Preheat oven to 350degrees F
2. Utilizing a food processor, chop 1 head of cauliflower & add to a large mixing bowl
3. Add green onions, bell peppers, bacon, cheese, sour cream, salt, black pepper, & garlic parmesan to the bowl, then mix. Save a ¼ of the cheese, bacon & green onions for the topping.
4. Once mixed, spray wells of muffin pans with olive oil spray, then fill wells with cauliflower mixture. Top with remaining cheese, bacon, & green onions.
5. Spray with olive spray & place in the oven & cook for 20-25 minutes until golden brown at 350 degrees F.
6. Serve!