

Keto Vegetable Tots Recipe

The Ingredients:

- 1 cup of riced broccoli
- 1 cup of riced cauliflower
- 1 cup of shredded zucchini
- 1 cup of shredded carrots
- 1 cup of grated Parmesan
- 1/3 cup of coconut flour
- 1 cup of shredded Mozzarella
- 2 eggs
- 1 tsp of garlic powder
- 1 tsp of onion powder
- 1 tsp of salt
- 1 tsp of Italian Seasoning

Instructions:

- 1.) Pre-heat oven to 425 °F.
- 2.) Wash and rice/shred vegetables in food processor.
- 3.) Pat dry vegetables or thoroughly squeeze through cheese cloth or sieves. Make sure that all vegetables are thoroughly dry.
- 4.) Combine all ingredients and thoroughly mixed. Form tots individually.
- 5.) Place on parchment lined 12"x17" lined baking sheet.
- 6.) Bake for 10 minutes and then check and flip and finish flipping for another 10 minutes till golden brown.

Serving: 32-33 individual pieces

