



Protein Flower Pastry

Ingredients

Raw blended cauliflower 200 g
Hydra-6 Strawberry Siege 3/4 scoop
Whole egg 1
Egg white 1
Water 1 tbsp

Directions

1. Add blended raw cauliflower to a medium-sized bowl.
2. Mix in protein, egg, egg white, and water. Stir until blended.
3. Microwave for three minutes.
4. Top with your favorite Walden Farms syrup or peanut or almond butter.

Nutrition Facts

Serving size: 1 pastry
Recipe yields 1 serving

Calories 119
Fat 7.8 g
Carbs 14.6 g
Protein 29.9 g