

## BAKED CAULIFLOWER GNOCCHI

(Serves 2)

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2 cups cauliflower “rice”  
1/2 ball fresh mozzarella, excess water pressed out, then shredded (about 1 cup)  
1/2 cup freshly grated parmesan  
1/4 cup almond flour  
1 teaspoon salt  
2 egg yolks  
Olive oil spray for baking sheet

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Microwave cauliflower rice on high for 3-4 minutes. Remove from microwave and spread evenly between two clean kitchen towels. Press the excess water out of the cauliflower, let stand for 10 minutes, then press some more. Pour cauliflower into a medium mixing bowl. Add mozzarella, parmesan, almond flour, and salt. Using a fork, stir in egg yolks, one at a time, until mixed in. Place mixing bowl uncovered in fridge for 1 hour.

Preheat oven to 400°. Remove mixing bowl from fridge and begin forming with your hands into gnocchi—about 1” wide and 1.5” long. Place on a non-stick foil lined baking sheet sprayed with olive oil. Bake on bottom shelf of oven for 10 minutes. Serve with Pumpkin Marinara.





## SPINACH AND MUSHROOM TARTLETS

(Yields 20-24 mini tartlets)

### TART SHELL

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1 cup almond flour  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1 egg white

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Dredge olive oil on a paper towel and smear across the cups of a mini-muffin pan. Preheat oven to 400°. Mix all tart shell ingredients. Take one 1" ball of tart shell dough and press into mini muffin tin into a tart shell shape. If your fingers get sticky while pressing the dough you can wet your fingers with water. Cook in oven 8-10 minutes until fully cooked through and golden brown. Remove from oven and let cool



## WATERMELON GAZPACHO

(Serves 6-8)

Traditional gazpacho can be too acidic, so I added watermelon for brightness, smoothness, and some good old fashioned summer sweet. This recipe will test your knife skills, so get a good one and sharpen it.

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- 1 14-ounce can diced tomatoes, puréed
  - 2 cups watermelon chunks, puréed
  - 3 green onions, white and palest green parts chopped
  - 1 cup diced cherry tomatoes
  - 1 cup finely diced red pepper
  - 1 cup finely diced English cucumber
  - 1/4 cup diced red onion
  - 1 tablespoon minced parsley
  - 1 teaspoon minced garlic
  - 1 tablespoon white wine vinegar
  - 1 teaspoon cumin
  - 1/2 teaspoon salt
  - 1/4 teaspoon fresh pepper
  - 1/8 teaspoon ground cayenne
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Combine all ingredients in a large mixing bowl, stirring well. Chill in fridge for 2-4 hours to let the flavors marry, then serve chilled.