

# The Leaf Air Fryer Cauliflower Tots



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- 🕒 **Servings:** Makes 3 servings
  - 🕒 **Calories per Serving:** 140
  - 🕒 **On Nutrisystem, Count As:** 1 PowerFuel, 1 Vegetable and 1 Extra
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## Ingredients:

- 2 cups riced cauliflower
- 2 large eggs
- ¼ cup breadcrumbs
- ¼ cup parmesan cheese, low sodium
- ¼ tsp. onion powder
- 1 tsp. Italian seasoning

## Directions:

- 1 Preheat air fryer to 400° F.  
3 Form tots and place in air fryer as one layer.
- 2 Combine ingredients in a bowl.  
4 Bake for 10 minutes.

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