

GRAIN-FREE CAULIFLOWER CRUST PIZZA



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Makes one approx. 10-12 inch pizza

INGREDIENTS

- 1 small to medium sized head of cauliflower - should yield 2 to 3 cups once processed
 - 1/4 cup shredded parmesan cheese
 - 1/4 cup mozzarella cheese
 - 1/4 teaspoon salt
 - 1/2 teaspoon dried basil
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon garlic powder
(optional)
- a few shakes of crushed red pepper
1 egg
Desired amount of sauce, cheese, and other pizza toppings

Instructions:

Preheat oven to 450 degrees. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil.

Wash and thoroughly dry a small to medium head of cauliflower. Pulse in your food processor for about 30 seconds, until you get powdery snow like cauliflower. Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean kitchen towel and allow to cool.

Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring to remove as much moisture as possible. Place cauliflower into a bowl. Add remaining ingredients and mix. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper.

Bake crust in preheated oven for 8 - 11 minutes, or until golden brown. Remove from oven.

Add desired pizza toppings and bake for another 5-7 minutes. Cool. Enjoy!