

CAULIFLOWER PIZZA CRUST

CALORIES

95 kcal

TOTAL TIME

1 hour

SERVINGS

6

INGREDIENTS

1 head cauliflower, stalk removed
1/2 cup shredded mozzarella
1/4 cup grated parmesan
1/2 teaspoon dried oregano

2 eggs, beaten
1/2 teaspoon kosher salt
1/4 teaspoon garlic powder

INSTRUCTIONS

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper
 2. Bring an inch of water to a boil in a medium saucepan. Place the cauliflower in the steamer basket set over the boiling water. Cover and steam the florets for 5 minutes, until they're easily pierced with a fork.
 3. Working in batches, place the steamed florets in the food processor and process for 10 seconds until they are completely chopped into a meal. Transfer each batch of meal to a clean, thin dish towel or a piece of cheesecloth. Continue to process the remaining florets. Once all the cauliflower meal is cool enough to handle, gather the corner of the towel and, working over the skin, squeeze out as much liquid as you can. Transfer the squeezed meal to a large bowl.
 4. In a bowl, combine the cauliflower with the mozzarella, parmesan, oregano, salt, garlic powder, and egg. Transfer to the center of the baking sheet and spread into a circle resembling a pizza crust
 5. Bake in the oven for 20 minutes
 6. Add desired toppings and bake an additional 10 minutes.
 7. Enjoy!
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