

Cauliflower Crust Pizza

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Adapted from Tasty Kitchen

Prep Time: 15 minutes Cook Time: 20 minutes Serves: 3

Ingredients:

1 head cauliflower, small	¼ cup Parmesan cheese	¼ cups cheddar cheese
¼ tsp sea salt	½ tsp dried basil	½ tsp dried oregano
½ tsp garlic powder	1/2 tsp red pepper flakes (optional)	
1 Tbsp almond meal (optional)	1 egg	

Preparation:

Preheat oven to 450°F. Place a pizza stone or baking sheet in the oven.

On a cutting board, place a large piece of parchment paper and thinly coat it with coconut oil or butter. Wash and thoroughly dry a small head of cauliflower. Don't get one the size of your head unless you are planning on making two pizzas. Cut off the florets and pulse them in your food processor for about 30 seconds or until you get powdery snow like cauliflower. You should end up with 2 to 3 cups of cauliflower "snow." Place it in a microwave safe bowl and cover.

Cook for 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow to cool for a bit before attempting the next step. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the heck out of it. You want to squeeze out as much water as possible. This will ensure you get a chewy pizza crust instead of a crumbly mess.

Dump squeezed cauliflower into a bowl and add Parmesan cheese, cheddar cheese, sea salt, basil, oregano, garlic powder, and a dash of red pepper if desired. The almond meal is a good idea only if you have closer to 2 cups of cauliflower snow as opposed to 3 cups. Now add the egg and mix away. Hands tend to work best. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly until tightly formed together. Using a cutting board, slide the parchment paper onto your hot pizza stone or baking sheet. Bake for 8-11 minutes or until it starts to turn golden brown. Remove from oven. Add however much sauce, cheese, and toppings you like. Slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes or until the cheese is melted, bubbly, and slightly golden.

Test your patience and allow it to cool for two minutes.