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Cauliflower Pizza Bites

Yield: 24 mini pizza bites

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Special Accommodations: Vegetarian, Gluten-Free

Ingredients:

Crust:

- 1 Cauliflower head, medium sized
- 1 egg
- ¼ cup parmesan cheese

Toppings:

- ½ cup shredded cheese
- 1 cup pizza sauce
- ½ Tablespoon Italian Seasoning
- Additional Toppings: mini pepperoni, ham, chicken, diced veggies, pineapple, sliced olives

Directions:

1. Preheat oven to 400°. Spray mini cupcake pan with non-stick cooking spray. Break up cauliflower into food processor. Pulse until cauliflower looks like rice. Transfer to bowl and loosely cover. Microwave on high for 5 minutes. Let cool.
2. Divide cooled cauliflower into 2 batches and transfer to a clean dish cloth. Squeeze cauliflower until all juice is removed. Transfer squeezed cauliflower in to a bowl combine with egg and parmesan cheese.
3. Scoop 1 Tablespoon of mixture into each mini cupcake holder. Using your fingers, gently press the cauliflower into the bottom and sides of the pan, they should resemble little cups. Bake for 10 minutes. Remove from oven when slightly browned.
4. Fill each cup with 1 teaspoon of pizza sauce, shredded cheese, Italian seasoning, and toppings of choice. Return to oven. Bake for another 5 minutes or until cheese is melted.

Recipe adapted from: <http://www.Itsheatdayeveryday.com/cauliflower-pizza-bites/>