**Cauliflower Pizza Crust**

(detoxinsta.com)

 Servings 1 Large Crust

 Calories: 602

**Ingredients**

* 2 pds frozen cauliflower florets, thawed in refrigerator overnight
* 1 egg, lightly beaten
* ½ cup chevre (soft goat cheese)
* 2 tsp dried oregano
* 1 tsp dried basil
* ½ tsp sea salt

**Instructions**

1. Preheat the oven to 400 degrees and line a baking sheet with parchment paper.
2. In a large food processor fitted with an “S” blade, pulse the cauliflower florets several times, until a rice like consistency is achieved. Pour the cauliflower into the center of a thin dish towel, then twist it up and use your hands to firmly wring out moisture. Quite a lot of liquid should be released, leaving you with a dry lump of cauliflower pulp.
3. Place the pulp in a large mixing bowl and mix in the egg, cheese, and seasonings, stirring well to create a uniform mixture.
4. Transfer the mixture to the baking sheet and use your hands to press the crust firmly into a large circular or rectangular crust, about ¼ inch thick. Be sure to pack the cauliflower firmly and evenly, leaving nor thin spots where the crust may crack.
5. Bake for 30 mins, until the top is dry and golden, then carefully flip the crust over and bake for another 10 mins. Use immediately as a pizza crust or allow the flatbread to cool and slice it to use as sandwich bread.
6. To complete the pizza, add your favorite sauce and toppings and then bake for another 10 mins at 400 degrees, until the toppings are heated thoroughly. Slice and serve hot.