**Crazy Good Low-Carb Pizza Crust**

The cauliflower in this recipe creates a moist, satisfying flatbread with crispy edges that fills you up with fiber, delivers vitamins and minerals, and spares you from all the processed carbs of a typical pizza. Elevate the flavor with spices, add some fresh mozzarella, and you have a hot, cheesy, treat that helps stabilize your blood sugar instead of making it spike.

**Ingredients**  
1 Head of cauliflower  
2 Eggs  
¼ c. Low fat mozzarella, shredded  
1 tsp. Minced garlic (or ½ tsp Garlic powder)  
1 tsp. Dried oregano  
1 tsp. Dried basil (or 2 tsp. Dried Italian seasonings)

**Toppings**  
1 c. Pizza sauce (Double check your labels and choose a sauce without added sugar.)  
½ c. Shredded low fat mozzarella  
Your favorite veggies, piled on high. (Ideas: sliced bell peppers, mushrooms, zucchini, tomatoes, garlic cloves, fresh spinach, olives, onions, artichoke hearts, eggplant. Or, if you’re feeling adventurous, try some kale and thinly sliced sweet potatoes.)

**Directions**  
1. Preheat oven to 400 degrees and cover a cookie sheet with parchment paper.  
2. Place washed, broken-up cauliflower into a food processor, then pulse until cauliflower is reduced to rice-like pieces.  
3. Transfer cauliflower to a pan and sauté over med. heat for 6-8 minutes, then let cool.  
4. Mix together eggs, mozzarella, oregano, garlic, and basil in a large bowl.  
5. Add cooled cauliflower to eggs and spice mix, and combine well.  
6. Place the dough on your parchment covered cookie sheet and gently press into a ½ inch thick disk—whatever circumference fits on your cookie sheet is fine.  
7. Bake crust for 25-30 minutes until edges are golden brown.  
8. Remove from oven, slather with premade pizza sauce, and pile on toppings.  
9. Bake for another 10-15 minutes  
10. Optional: Broil for an additional 3-5 minutes to make crust extra crispy. Let pizza cool for a few minutes. Serve warm.