



### Gluten-free cauliflower crust pizza

1 head cauliflower  
12 oz. bag riced cauliflower  
1 egg (scrambled in small bowl with a fork)  
4 oz herbed goat cheese  
1t Italian seasoning  
½ t salt  
1T ground flaxseed  
8 oz shredded mozzarella cheese  
3 oz. grated grana Padano (parmesan) cheese  
3 T basil pesto  
Tomato pizza sauce  
2 large cloves garlic  
Pizza toppings of your choice (peppers, onions, sausage)

1. On the head of cauliflower separate the cauliflowers from the stalk and discard the stalk. Cook the cauliflower by steaming it on a stove or microwave until tender. Chop the cauliflower in a chopper or food processor until rice like in texture.
2. Cook the riced cauliflower according to package directions. Combine the riced cauliflower with the other cauliflower in a bowl.
3. Use an old strong dish towel or nut milk bag to strain out all the water from the cauliflower and get it as dry as possible. This step is key to getting a solid crust. You need to use your strength to twist and squeeze it. Once the water is squeezed out take the cauliflower out of the towel and put the cauliflower in another bowl. Use a paper towel at the end and lightly touch the dry cauliflower to soak up any remaining water.

4. Preheat the oven to 400 degrees. Stir the dry cauliflower with the egg, herbed goat cheese, Italian seasoning, salt, and flaxseed. Spread the mixture onto a parchment paper lined 13 x 9 low edge baking pan. You need parchment paper to flip the crust about halfway through baking. Bake at 400 degrees for 20-25 minutes. Use the parchment paper to flip it over onto the baking sheet and finish cooking it for another 10-15 minutes. It should be lightly brown and separated from the edge of the pan when you remove it from the oven.
5. Top the crust with the pesto, pizza sauce, crushed garlic, mozzarella, grana Padano cheese, vegetables, and other toppings. Cook for 15-20 minutes. Cool for about 5 minutes, slice and eat. It slices easily. Enjoy.