

Amazing Cauliflower Pizza Crust

Ingredients

- 1/2 head cauliflower
- 2 eggs
- Pinch salt
- ½ tablespoon Italian seasoning
- ½ teaspoon garlic powder (optional)
- 1 ½ cup grated parmesan cheese
- 1/3 cup almond flour/meal
- ½ teaspoon baking powder
- 2 ½ tablespoon oil (olive, grapeseed, coconut, avocado)

Directions

Preheat the oven to 400°F. Place pizza stone in oven to heat up to avoid cracking, if using. Grease a piece of parchment paper large enough for a 12-inch crust with any of the oils listed above or cooking spray.

Remove and discard any leaves from the stem. Remove the florets from the stem. Trim the stem and cut into small pieces. Place in the food processor. Place the florets into the food processor. Pulse until the cauliflower looks like rice or couscous.

Transfer to a fry pan and sauté for about 10 minutes, or until soft, stirring occasionally. When done, remove from heat and allow to cool to a temperature you can handle.

Meanwhile, in a large bowl, whisk the eggs. Add the salt, seasonings, garlic powder, if using, cheese, almond flour, baking powder and oil. Stir to incorporate.

Once you can handle the cauliflower, squeeze out as much liquid as possible. There are many ways to do this. I prefer a nut milk bag, as it seems to be the most sanitary to me.

Add the cauliflower to the mixture and stir until mixed very well.

Pour onto prepared parchment and press into crust shape, the same thickness as a regular pizza crust.

Pull the rack of oven with pizza stone out and place the crust on the stone. If not using a stone, place parchment with crust on a baking sheet and place in oven.

Bake about 20 minutes until crust top is dry, firm and edges are a little golden brown.

Remove from the oven and let cool a little, so crust can firm up a little more while you prepare toppings.

Spread your favorite sauce on the crust and then your favorite pizza toppings.

Put back in the oven for another 5 – 10 minutes or until the cheese is melted.

Remove and serve – YUM!