

This cauliflower crust is crispy, cheesy and a delicious lighter twist on a classic pizza night. It's easy to make and perfect for piling on your favorite toppings!

### INGREDIENTS:

- 1 head of cauliflower
- 2 eggs
- ½ cup of parmesan
- 2-3 tsp of olive oil
- 8 ounces of mozzarella
- ½ tsp of garlic powder
- 2 tsp of Italian seasoning



### INSTRUCTIONS:

1. Cut all stems off the cauliflower, leaving no more than ½ inch long and no thicker than a pencil.
2. Put cauliflower in food processor. Pulse in processor in batches until the consistency of wet sand.
3. Put cauliflower florets in a microwave safe bowl and microwave uncovered for 5 minutes. Once cooked, let cold to room temperature, occasionally stirring.
4. Wrap in a tea/flour sack towel and squeeze all the liquid out. Get out as much as possible. This will make your crust crispy and not soggy. This process should reduce your cauliflower to a baseball. Consistency after this should be like dried mashed potatoes.
5. In a large bowl, combine the cauliflower with eggs, parmesan, mozzarella, garlic powder, and the Italian seasoning.
6. With two cookie sheets the same size, cut two sheets of parchment slightly larger than the cookie sheets. Lay one

- down on the cookie sheet and oil the side of the parchment facing up.
7. Next pour the cauliflower mixer on the oiled parchment. Oil the other parchment sheet and lay that on top of the cauliflower oil side down.
  8. Now place the other cookie sheet on top so that it is nests into the other cookie sheet. Press firmly to smooth and look in between to make sure for evenness.
  9. Bake in a 400F oven for 30 minutes. Optional- putting a heavy pot or pan on top of the top cookie sheet to weigh down and help with evenness.
  10. When crust is done, add any sauce and toppings and bake again until toppings and cheese are to your liking.

## NUTRITION

| Nutrition Facts                                                                                                                  |  | Amount                 | % Daily Value* | Amount                        | % Daily Value* |
|----------------------------------------------------------------------------------------------------------------------------------|--|------------------------|----------------|-------------------------------|----------------|
| Amount per 173 g                                                                                                                 |  | Total Fat 8.3g         | 13%            | Total Carbohydrates 11g       | 4%             |
| 1 serving (6.1 oz)                                                                                                               |  | Saturated 2.1g         | 10%            | Dietary Fiber 3g              | 10%            |
|                                                                                                                                  |  | Trans Fat 0g           |                | Sugars 3g                     |                |
| Calories 229                                                                                                                     |  | Cholesterol 322mg      | 107%           | Protein 28g                   | 56%            |
| From fat 74                                                                                                                      |  | Sodium 710mg           | 30%            |                               |                |
| HappyForks.com                                                                                                                   |  | Calcium 66% • Iron 14% |                | Vitamin A 12% • Vitamin C 53% |                |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |  |                        |                |                               |                |

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.