

## **The Cauliflower Pizza Crust**

Makes approx. 1 - 10 inch pizza crust

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### Ingredients:

1 medium sized head of cauliflower - should yield close to 3 cups once processed

1/2 teaspoon dried basil (crush it even more between your fingers)

1/2 teaspoon dried oregano (crush it even more between your fingers)

1/2 teaspoon garlic powder

optional a few shakes of crushed red pepper

2 tablespoons almond meal

1 tablespoon nutritional yeast (if vegan or do not consume cheese) or parmesan cheese

1 tablespoon olive oil

1 egg

nonstick cooking oil



### Directions:

1. Place a pizza stone in the oven, or baking sheet. Preheat oven to 450 degrees. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil or brush the parchment with olive oil.

2. Wash and thoroughly dry a small head of cauliflower. Don't get one the size of your head unless you are planning on making 2 pizzas. Cut off the florets, you don't need much stem. Just stick with the florets. Pulse in your food processor for about 30 seconds, until you get powdery snow like cauliflower. You should end up with about 3 cups cauliflower "snow". Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean tea towel (or multiple paper towels) and allow to cool for a bit before attempting the next step.

3. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the water out of it. You want to squeeze out as much water as possible. This will ensure you get a chewy pizza like crust instead of a crumbly mess.

4. Dump cauliflower into a bowl. Now add all your spices, your almond meal, your nutritional yeast or parmesan cheese, and your olive oil. Mix the mixture to incorporate all the ingredients. Now add your egg and mix away again. Hands tend to work best.

5. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it nice and tightly formed together. Don't make it too thick or thin either.

6. Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for about 12 minutes, or until it starts to turn golden brown and the edges crisp up. Remove from oven, allow to cool slightly, and serve!

### **Ideas for toppings:**

**The Classic** // marinara sauce + fresh mozzarella cheese

**Nutrition Stripped Style** // sun dried tomato puree + fresh sliced tomato + fresh basil + arugula + hemp seeds (or your favorite seeds)

**Greek Isles** // sun-dried tomato puree + kalamata olives + pepperoncini's + capers + feta cheese

**Skinny Italy** // basil pesto + fresh sliced tomatoes + eggplant + spinach + fresh basil

**The Hawaiian Tropic** // marinara sauce + sliced pineapple + fresh cilantro

**Mexican** // roasted red pepper compote + roasted corn + beans + + jalapeños + fresh cilantro

**Mushroom Madness** // marinara sauce + portabella mushrooms + shiitake mushrooms + white button mushrooms

**Rose** // white sauce + rosemary + chicken

**The Californian** // marinara sauce + zucchini + tomato + arugula + fresh avocado

**Farm Land** // marinara sauce + spinach + any and all veggies! + egg over easy