

Cauliflower Pizza crust

Ingredients:

2 ½ cups Cauliflower florets
¼ cup almond flour
2 tsp ground chia seeds
1 tbsp nutritional yeast
½ tsp Italian seasoning
½ tsp garlic powder
¼ cup of water



*GLUTEN-FREE



*VEGAN



Servings: 2

Instructions:

Bring a pot of water to boil. Leave to simmer.

Add cauliflower florets to a food processor. Blitz until ground size and texture similar to rice grains. You can also use a box grater.

Place a sieve over the pot of boiled water. Add the cauliflower grains and steam.

Transfer the cauliflower to a tea towel or cheesecloth. Squeeze or press to drain out as much water as possible.

Preheat oven to 450 F

In a large bowl add cauliflower rice and mix with all the ingredients. Combine and form a smooth ball.

Place it in a baking sheet lined with parchment paper. Press ball with fingers to form the crust.

Add your favorite toppings and bake until crust starts to brown.

Nutrition Facts

2 servings per container
Serving size **2 slices**

Amount per serving
Calories 120

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 12g **4%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 1mg **6%**

Potassium 553mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.