CAULIFLOWER PIZZA CRUST

Prep Time: **20** minutes | Cook Time: **25** minute s | Servings: **4-8**

INGREDIENTS

1 medium head of cauliflower, broken into florets
3/4 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese
1/2 cup pizza sauce
1 and 1/2 tablespoons coconut flour
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon salt
1 egg
Freshly ground black pepper
Any other toppings your heart desires

INSTRUCTIONS

Put ½ of the cauliflower florets into the bowl of the food processor, pulse until it resembles rice (about 30 seconds). Transfer into a large bowl and place another ½ of florets into the food processor to repeat above. Microwave pulsed cauliflower for 5 minutes OR add all to a pot with 1 inch of water and bring to a boil to let it cook for 5 minutes with a lid on. Alternatively, you can also steam the cauliflower. Preheat the oven to 425 degrees F. Line a large baking sheet or pizza pan with parchment paper. Let the cauliflower cool for 15 minutes. Once cool enough to handle, transfer cauliflower to a clean dish towel or cheesecloth. Squeeze off excess moisture — make sure to do this until virtually no water comes out and the cauliflower is dry. This is very important to the success of the recipe. Next, transfer cauliflower pulp to a large bowl and add in egg, mozzarella, parmesan, coconut flour, garlic powder, oregano, salt and black pepper. Stir to combine and form a soft dough. Place dough in the middle of the prepared pan and push out with your hands to form a 9-10 inch circle, with about ¼ inch dough thickness. Bake for 20 minutes until the crust is firm and slightly golden brown. Remove from the oven, then top with pizza sauce and cheese (or whatever your heart desires). Bake for 5-10 more minutes until cheese is melted, then turn broiler on for 1-2 minutes to get cheese golden brown and bubbly. Make sure to watch carefully!