



HEALTHY CAULIFLOWER PIZZA RECIPE

ingredients

- **For the Crust**
- 1 large Organic Cauliflower, chopped
- 3/4 cup Mozzarella Cheese
- 3 tbsp Parmesan Cheese
- 2 large eggs
- 1 tbsp Italian Seasoning
- Salt & Pepper to taste
- **Toppings**
- 1/2 cup Organic Tomato /Basil Sauce
- Pepperoni or Ground Beef
- 1 1/2 cup Mozzarella Cheese
- Veggies (mushroom & onion)

directions

- Heat oven to 425°F.
- Chop Cauliflower finely in Food Processor
- Microwave for 4 to 5 min until softened
- Wrap in cheesecloth & drain all the water out (important)
- Transfer to large bowl & add eggs,cheese, Italian seasoning, salt & pepper and mix
- Cover round pizza pan with parchment paper & spread mixer to the edges
- Lightly brush olive oil over mixer
- Bake 20 - 25 min or browned
- Remove & add toppings
- Bake 5 to 10 until bubbly hot
- Serve immediately