

Cauliflower Pizza Crust

Ingredients:

- 1 medium head of cauliflower
- 2 eggs, beaten
- 1 cup parmesan cheese or mozzarella cheese grated or shredded
- 1 tbsp Italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder



Instructions:

1. Preheat oven to 400 degrees
2. Spray baking sheet with cooking spray or line with parchment paper
3. Cut cauliflower into small chunks and add to food processor; pulse until all of the cauliflower is broken down into small 'rice' like pieces
4. Place 'riced' cauliflower in a microwavable dish with a lid and microwave (covered) for four minutes
5. Drain excess liquid and pat dry with a paper towel (the drier the better). Let cool.
6. In a bowl, combine cauliflower, eggs, cheese, Italian seasoning, onion powder, and garlic powder
7. Spread mixture onto the center of the baking sheet, making a circle if desired (similar to a pizza)
8. Bake for 20 minutes
9. Add your favorite toppings and bake for an additional 10 minutes.