



Dairy-Free Cauliflower Pizza Crust

Yields: 1 Pizza

From: oatmealwithafork.com

Ingredients:

- 8 ounces chopped cauliflower florets (about 1 tightly packed cup of 'riced' cauliflower)
- ½ cup water
- 1 large egg
- ⅛ tsp sea salt
- ½ tsp Italian seasoning

Directions:

Make your cauliflower rice by either grating the pieces using a cheese grater or pulsing the florets in a food processor until finely chopped. In a small saucepan, bring the water to a boil. Once boiling, add the cauliflower rice to the pan. Turn the heat off (leave the pan on the burner), and cover the pan. Let the pan sit covered for 10 minutes. Preheat the oven to 400 degrees. Remove the lid from the 'rice', and dump into a clean dish towel. Wrap the cauliflower in the towel, and squeeze out the excess water (there will be quite a bit!). In a bowl, mix the egg and seasonings. Add in the cauliflower. Mix everything until well combined. Pour the contents of the bowl onto a parchment paper-lined baking sheet. Using a spoon, spread the mixture out into the shape of a small, round pizza (it should be about 1/3 of an inch thick). You can also use your spoon to create a little crust, if you like. Place the pan into the oven, and bake the pizza for 25-30 minutes or until lightly golden. Remove the pizza and top as desired. Bake for 6-8 more minutes until toppings have cooked through. Remove the pizza, cool, and enjoy!

Nutrition Facts: 135 calories, Fat 5.9g, Carbs 12.7g, Fiber 5.7g, Sugar 6g, Protein 10.8g