

Simple Cauliflower Pizza Crust Recipe

Have you ever had a pizza crust made with cauliflower? You will be amazed by using simply using grated cauliflower is able to produce a crispy like thin pizza crust.



This week I want to share with you a recipe that has been populating many cooking websites, because it is a way to replace carbohydrates and it is gluten free...pizza crust using grated cauliflower...which for convenience I used one that is sold at Trader Joe's, but feel free to grate your own head of cauliflower.

The crust is so simple to make and yes, crispy and delicious...so good that you will not miss the flour in this crust. It was so funny when I told my husband that I used cauliflower to make the pizza crust he asked me back "What is cauli flour? What kind of grain is that?" I just laughed and had to explain to him that was cauliflower, "you know the vegetable that looks like an albino broccoli?"

My husband and I really enjoyed it...if you had not tried, please go ahead and try it!

Ingredients:

- 1 bag of coarsely chopped cauliflower
- $\frac{1}{2}$ cup shredded part-skim mozzarella cheese
- $\frac{1}{2}$ cup shredded or grated parmesan cheese
- 1 egg
- 1 teaspoon dry oregano
- Salt, to taste
- Fresh ground black pepper, to taste



Method:

Preheat oven to 450 degrees.

Place the grated cauliflower into a bowl and cover with paper towel. Microwave it for about 8 minutes until cooked.

Let it cool and squeeze out the water out of the cauliflower, as much as possible with paper towels. The less water crispier the crust will be.

Mash the cauliflower and add the cheeses, dry oregano, egg,

salt and pepper. Mix thoroughly.

Divide the cauliflower dough into 4 portions. Cover a mini pizza pan with parchment paper. Pour cauliflower "dough" on the mini pizza pan and shape into pizza crust. Alternatively you can place the cauliflower dough on a large baking sheet.

Place mini pizza pan in oven for about 15 to 20 minutes until golden brown and crispy.

Add your favorite sauce, cheese, toppings and color it the way you like it!

Place the "dressed" pizza under broiler until cheese is hot and bubbly.

Serve hot.





If cauliflower is your “thing” you might want to check on Simple Air Fried Cauliflower or Nutritious Black Rice Bowl with sausage and cauliflower recipes.



Did you know that in spite of the lack of color, cauliflower is a rich source of vitamin C? Moreover, because of its absence of starch, cauliflower is a great ingredients for low carb dieters.

***Thank you so much for visiting Color Your
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