



Cauliflower Pizza

STEP

1

STEP

2

Gather Ingredients

Ingredients

- 3 cups riced cauliflower
- 1 cup of parm cheese
- 1 egg
- 1 tsp oregano
- 1 tsp garlic
- ¼ tsp pepper
- Sugar detox approved toppings of your choice
- Cheese cloth
- Parchment

Cook

Directions

- Preheat oven to 400 F
- Saute´ cauliflower in skillet to dry out.
- Place in cheesecloth, squeeze out as much moisture as possible.
- Stir to combine cauliflower and all remaining ingredients.
- Shape dough into a pizza crust
- Place on parchment-lined baking sheet.
- Bake crust for 7 min minutes
- Take out add toppings bake for an additional 7-10 minutes.