 **Cauliflower Crust Pizza**

*Serves 2*

**Ingredients**

1 head cauliflower

¼ cup parmesan cheese

¼ cup mozzarella cheese, shredded

¼ tsp salt

½ tsp basil

½ tsp garlic powder

1 egg

Toppings:

¾ cup mozzarella cheese

½ cup pizza sauce

Veggies

**Directions**

1. Preheat oven to 450 degrees F.
2. Break apart head of cauliflower into florets (discard stems), rinse thoroughly, and dry. Add to food processor and process until it resembles rice.
3. Transfer cauliflower to microwavable bowl, cover with a paper towel, and microwave for 5 minutes.
4. Once the cauliflower is cooked, lay it out on a towel and let cool slightly. When cool enough to handle, gather the cauliflower in a ball in center of the towel and ring out the water from the cauliflower over the sink or bowl. Continue ringing it out until no more water comes out. It’s very important to get all of the water out.
5. Place the cauliflower in a bowl and mix in the rest of the ingredients. Form into a ball like pizza dough.
6. Place the ball of “dough” on a parchment lined pizza stone or pan. Flatten dough to form a crust. (Tip: Keep pizza stone or pan in oven as it preheats).
7. Bake 15-20 minutes, until crust is browned.
8. Top with cheese, then sauce and whatever veggies you like and place back in the oven until the cheese (if you add more) is melted and toppings are heated through.

**Nutrition**

*330 cals, 18g carb, 24g protein, 19g fat*