

Gluten Free Vegan Cauliflower Pizza Crust



CRUST INGREDIENTS:

2 cup Cauliflower Rice*
1 cup grated mozzarella cheese, part skim
2 egg
2 garlic, cloves minced or powder-pinch
Dried basil & oregano

PROCEDURE:

Preheat oven to 450C. Grease a baking pan. 10x 10 round or square or cookie sheet

First break up pieces of cauliflower removing stems.

To make cauliflower rice, add the cauliflower to your food processor and pulse. Do not puree. Remove after forms a rice texture.

TOPPING

1 cup tomato sauce
1 sliced fresh tomato
½ small onion
¼ cup chopped parsley
5 black olives, sliced
2 mushrooms, sliced
(optional)
1 cup Shredded low fat
Cheese of choice



In a small bowl, put 2 cups cooled cauliflower rice, 1 cup of grated mozzarella cheese, 2 scrambled egg and herbs. No need to add any salt or pepper since the cauliflower rice is flavored already. Mix well.

Place the cauliflower mixture in the baking pan and press down to the cover bottom.

Bake in preheated oven for at least 15 minutes, checking if the top has firmed and the sides just browned enough.