

Cauliflower Pizza Crust

1 head of cauliflower
¼ grated Parmesan cheese
½ cup grated mozzarella or cheddar cheese
1 tsp. Italian seasoning
¼ tsp. salt
1 egg, beaten

- ♥ Preheat oven to 400F
- ♥ Pulse the raw cauliflower in a food processor until it resembles sand. Microwave 4 to 6 minutes. Once the cauliflower is cool, transfer it to a clean dishtowel and wring as much water out of it as you can. You might want to try it a second time with another clean dishrag. Get it as dry as possible.
- ♥ In a large bowl, mix the remaining ingredients with the cauliflower, using spoon or hands to form a dough.
- ♥ Place parchment paper on a cookie sheet. Press the dough onto the parchment paper to about 1/3 inch thick. Smooth the edges together with your fingers so it won't crumble.
- ♥ Bake 25 minutes at 400F. The crust should turn out golden brown and firm. Cool for later, or immediately top with pizza fixings and bake for an additional 8 to 10 minutes.

ONE HEAD OF CAULIFLOWER ONLY MAKES A SINGLE 10 INCH PIZZA

I did my research and adapted this pizza crust from www.detoista.com and www.foodnetwork.com recipe by Ree Drummond