



CAULIFLOWER CRUST PIZZA

with vegetables

TOTAL PREP & COOK TIME: 45 MIN

SERVINGS: 2

INGREDIENTS

- 1 10 oz. bag frozen riced cauliflower
- ½ cup old fashioned rolled oats
- 1 egg
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 2 teaspoons olive oil
- 1 garlic glove, minced (optional)
- ¼ cup white onion, diced vegetable toppings (optional)
- 1 tablespoon tomato paste
- ½ cup tomato sauce
- ½ cup low-moisture Mozzarella cheese (shredded)
- ¼ cup nutritional yeast

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper
2. Microwave frozen riced cauliflower for 2 minutes, or until room temperature.
3. Pour oats, oregano, garlic powder, & salt into blender/food processor. Pulse until it resembles flour.
4. Pour cauliflower into a colander and press out fluid.
5. Whisk egg until smooth, add cauliflower and oat mixture and mix until combined
6. Transfer to the baking sheet and spread into 8-10 inch pizza crust shape. Bake for 20 minutes.
7. Heat saute pan on medium heat with 2 teaspoons of olive oil.
8. (Optional) dice white onion & garlic. Saute onion in hot pan for 3-5 min or until lightly browned. Add garlic and cook an additional 30-60 seconds, until softened and fragrant. Remove from pan.
9. Add 1 teaspoon of olive oil to pan, add vegetable toppings, heat until slightly browned.
10. Combine 1 tablespoon tomato paste and ½ cup tomato sauce (and optional garlic and onion). Stir to combine.
11. When crust is done, remove from oven and layer the tomato sauce mixture, topped with cheese, then nutritional yeast, then vegetable toppings. Bake an additional 10 minutes.

MODIFICATIONS:

- Use 1/4 more rolled oats for firmer crust with less cauliflower flavor
- Substitute 1 egg with 1 tablespoon ground flaxseed mixed in 3 tablespoons of water ("flax egg"). Let sit for 5-10min prior to mixing in.
- If nutritional yeast not available, substitute ¼ cup parmesan cheese.