

# Cauliflower Pizza Crust

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8-10

Yield: 2 medium pizzas

Ingredients	Quantity	Measure
Cauliflower	2	pounds
Ground flaxseed	1/4	cup
Warm water	3/4	cup
Oat flour or oatmeal ground up in food processor	2/3	cup
Rice flour	1/3	cup
Garlic Powder	1/2	teaspoon
Salt	1/2	teaspoon

## Preparation

1. Cook cauliflower until very tender. Put cauliflower in a towel and ring out until almost dry. You should come out with about 2 cups of cooked cauliflower.
2. Combine ground flaxseed with the warm water in a small bowl. Stir until well combined.
3. Combine cooked cauliflower, flax mixture, oat flour, rice flour, garlic powder and salt in a food processor and pulse until it forms a dough ball.
4. Roll between two pieces of parchment paper or wax paper. Shape into two circles or rectangles.
5. Bake 450 degrees for 25-30 minutes directly on the oven rack or using a perforated/screened pizza pan
6. Top with your favorite pizza toppings and bake until the cheese is melted, and vegetables are cooked.

## Nutrition Information

 per slice (8 slices per pizza crust) \*From USDA Nutrient Database

Calories: 53 Total Fat: 1.2g Saturated Fat: 0.1g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber: 2g Total Sugars: 1.1g Protein: 2.2g Sodium: 91mg Vitamin A: 0µg Vitamin C: 27mg Calcium: 20mg Iron: 0.7mg Folate: 34µg

