

# Cauliflower Crust Pizza

(adapted from jocooks.com)



## INGREDIENTS

- 1 large cauliflower head cut into florets
- 4 eggs
- 4 Tbsp coconut flour
- 1 tsp paprika powder
- ¼ tsp Himalayan salt
- ½ tsp Turmeric
- ½ tsp cumin powder
- ½ cup pizza sauce
- 1 cup shredded cheddar cheese

## PROCESS

Pre-heat oven to 425° F

In a food processor, pulse the cauliflower florets until it has a rice-like consistency.

Place riced cauliflower in a microwave-safe bowl and microwave for 10 minutes on high.

In a large bowl, place the microwaved cauliflower, eggs, flour, and spices. Mix together to make a dough.

Place parchment paper on a cookie sheet and flatten cauliflower dough to about ½ inch thickness

Bake crust for 25 minutes.

Remove from oven, spread pizza sauce and sprinkle shredded cheese. Bake for another 5 minutes.