

Cauli Pizza

INGREDIENTS

½ Cup grated cauliflower

1 Egg

1 Cup Mozzarella

2 Tbsp Parmesan

Salt and pepper.

Additional:

1 Tsp mix herbs

Note: I replace some of the cheese in the base with coconut flour.

METHOD

Line baking sheet with baking paper and preheat oven to 180 C.

Grate cauliflower and place in a large bowl. Microwave for 7 - 8 minutes until soft and let it cool.

Mix egg, cheese, salt and pepper (and mixed herbs) until well combined.

Spread mixture onto baking sheet in desired shape. Bake for 10 - 15 minutes until brown.

Add toppings of choice to the base and bake for another 10 minutes until cheese is golden brown and melted.



FROM THE  OF: Cornia