

You Won't Believe it's Cauliflower Pizza Crust

Submitted by Maria Lizotte RN CDE



1 cup cooked, grated cauliflower* (*squeeze out extra water! I used an old t-shirt*)

1 egg

1 cup mozzarella cheese

1/2 tsp. fennel

1 tsp. oregano

2 tsp. parsley

(I added 1 tsp. garlic powder and 1 tsp. McCormick Italian Seasoning and 1/4 cup parmesan. cheese))

Preheat oven to 450 degrees Fahrenheit.

Spray a cookie sheet with non-stick spray.

In a medium bowl, combine cauliflower, egg and mozzarella. Press evenly on the pan. Sprinkle evenly with fennel, oregano and parsley.

Bake at 450 degrees for 12-15 minutes (15-20 minutes if you double the recipe).