



Organic Cauliflower Pizza Crust

Servings

4

Calories

320

Prep Time

40 minutes

Total Time

1 hour 20 minutes

Skill Level

Hard

Ingredients

2 (10 ounces) packages Mann's Organic Cauliflower Florets

¼ cup grated Parmesan cheese

1 tablespoon dried parsley

1 teaspoon salt, divided

½ teaspoon pepper

2 garlic cloves, minced

2 cups whole milk

3 tablespoons extra virgin olive oil

10 ounces fettuccine pasta

fresh parsley and Parmesan cheese for garnish (optional)



The Method

Add Mann's Organic Cauliflower to a microwave safe bowl and microwave for about 4 minutes. Allow to cool for 5 minutes.

While the cauliflower is cooling, add seasonings and oatmeal to your food processor and grind until coarse.

In another bowl, whisk the egg and add the Parmesan cheese and ¾ cup mozzarella cheese. Mix to combine. Add the oatmeal mixture to the cheese mixture and mix with a spatula.

Put the cooled cauliflower in the food processor and pulse 5-6 times, until evenly crumbled. Transfer to a thin cotton towel or rag and twist to squeeze out the excess water. Add the squeezed cauliflower to the cheese and oats mixture and mix well.



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Add the oil to a large nonstick pan and spread the cauliflower mixture evenly onto the bottom in the shape of a circle with the help of the silicone spatula. Place the pan over medium heat and cook for 15 to 20 minutes, moving the pan around occasionally to cook evenly. Do not use a spatula or any other utensil to move or disturb the crust. Remove from heat and allow to cool for 10 minutes so more moisture can evaporate.

Top the crust with sauce, cheese and veggies to your liking. Using the broiler setting on your oven, broil the pizza for 5-6 minutes or until the cheese melts and begins to brown. Keeping an eye on it to prevent burning. Remove from oven and allow to cool for 10 minutes. Using a large spatula, carefully remove the pizza from the pan and slice to enjoy.

Nutrition Facts

Serving Size: 281g | Servings: 4

Amount Per Serving

Calories 320 | Total Fat 17g (sat 7g trans 0g) | Cholesterol 70mg | Sodium 790mg | Total Carbohydrate 19g | Dietary Fiber 4g | Sugars 5g
(Includes 0g Added Sugars) | Protein 22g | Vitamin D 0% | Calcium 35% | Iron 10% | Potassium 15%