

Cauliflower Pizza Crust - Vegan

Prep Time: 15 minutes
Cook Time: 40 minutes
Total Time: 55 minutes

Serving Size: 2
Calories per serving: 385
Fat per serving: 24 grams

Ingredients

- 1 pound cauliflower florets
- 1/3 cup almond flour
- 2 tablespoons flaxseed (mixed with 6 tablespoons water)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
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Instructions

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Place cauliflower florets in a food processor, and process until finely chopped. Pour the cauliflower to a nonstick sauce pot, add enough water to cover, and bring to a boil. Reduce the heat and cook for 3-4 minutes.
3. Transfer the cauliflower to a large bowl, drain the water and place it in the freezer to cool down for 8-10 minutes.
4. Take out the cauliflower from the freezer and place the mixture in a dish towel or cheesecloth, to remove moisture. Put mixture back in the bowl and add the flaxseed mix, almond flour, oregano and garlic. Mix well until all the ingredients combined.
5. Place the mixture on the lined baking sheet and press it with your hands to shape like a crust.
6. Bake for 30 minutes, until the crust looks golden.
7. Once the crust is ready, add your favorite sauce and toppings, and bake for another 10 minutes.

Notes

Nutrition facts (per serving): Calories: 385, from fat: 207, total fat: 24g, cholesterol: 0mg, sodium: 129mg, total carbohydrate: 33g, fiber: 16g, sugar: 9g, protein: 10g.