

Cauliflower Pizza

Ingredients:

1 head Cauliflower (chopped)	2 t Garlic, chopped
1 1/4 cup Mozzarella Cheese (shredded)	
2 T Parmesan Cheese (grated)	1/4 c Coconut Flour (or other flour)
2 Eggs	2 t Oregano
1/2 cup Tomato Sauce	1 t Basil
1/4 cup Tomato Paste	1 c Grape Tomatoes



Directions: Preheat oven to 425 F. Steam or microwave chopped cauliflower until tender (approx. 6 minutes). Squeeze out as much water as possible (blotting with paper towel or straining through cheesecloth). Let cool. Add eggs, 1 cup Mozz cheese, parmesan cheese, garlic, 1 t oregano, coconut flour, 1 t salt and pepper. Bake 10-12 minutes or until golden brown. Mix tomato sauce, paste, remaining oregano and salt and spread onto crust. Top with tomatoes, olives, and remaining mozzarella cheese. Bake additional 10 minutes until cheese is melted.

Notes: Flour can be omitted if all the water is sufficiently squeezed out, if the mixture still seems thin, add flour slowly until it is thick but spreadable. Adjust toppings to your preferences!



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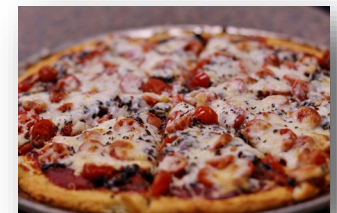


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**Nutrition Information per serving
(1/8 pizza):**

Calories: 120

Fat: 6.1 grams

Protein: 9.4 grams

Carbohydrates: 8 grams

Fiber: 3.1 gram

Sodium: 400 mg

Pizza Hut (1/8 pizza)

410 Calories

20 g Fat

10 g Protein

41 g Carbs

1 g Fiber

830 mg Sodium

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