

Cauliflower Pizza Crust

The best and easiest cauliflower pizza crust recipe that tastes so good, you'd never guess it could possibly be healthy.



Ingredients

- 1/2 medium head cauliflower (4 cups small florets)
- 1 1/2 tsp baking powder OR 2 1/2 tbsp ground flax or chia
- 1/4 cup water
- 1/3 cup flour (I've used spelt, white, oat, almond, or sorghum)
- 1 tsp dried oregano, optional
- 1/4 tsp garlic powder
- 1/2 tsp salt

Instructions

- Line a baking sheet with parchment, and set aside. If using flax or chia, whisk with the water and refrigerate for at least a half hour. Steam cauliflower florets until fall-apart soft. (To make it easier use cauliflower rice! Two small bags) Drain fully. Stir the flour with the oregano, garlic, salt, and baking powder (if using). Preheat oven to 450 F. Once cauliflower cools a little, place it in a clean dish towel or cheesecloth over a sink or bowl, and squeeze out as much moisture as possible. At least 2/3 cup water should come out – You

want it as dry as possible. Place the squeezed-out cauliflower into a bowl and add the 1/4 cup water (or the flax mixture). Mash and stir well. Stir in the flour mixture. Form into a ball. Place on the baking sheet. Pat into a circle, then use another sheet of parchment on top (and a rolling pin, if desired) to spread the circle to about 1/4 inch thick. Take off the top sheet of parchment. Bake 25 minutes, or until lightly browned with crispy edges. Add toppings of choice. Bake an additional 8 minutes. Allow to cool 5 minutes. Slice and enjoy!