

# Cauliflower Pizza

## Ingredients:

3 cups of shredded Cauliflower  
½ cup shredded Mozzarella Cheese  
1 teaspoon Italian Seasoning  
2 Tablespoons Parmesan Cheese  
½ teas Salt  
½ teas Garlic Powder or 1 clove minced  
1 egg

## Instructions:

- Microwave cauliflower for three minutes then put in towel to drain water out.
- In a bowl mix:
  - Cauliflower
  - ½ cup shredded Mozzarella Cheese
  - 1 teaspoon Italian Seasoning
  - 2 Tablespoons Parmesan Cheese
  - ½ teas Salt
  - ½ teas Garlic Powder or 1 clove minced
  - 1 egg
- On Parchment Paper or Silicon Mat, make a pizza crust
- Bake 15mins at 500 degrees F
- Remove from oven
- Top with:
  - Tomato Sauce
  - Your favorite Pizza Topping
  - Mozzarella Cheese
- Bake another 5-7 mins and then let sit for 5-10 mins and serve