

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