

# CAULIFLOWER PIZZA

## INGREDIENTS

- 1 cup of grated Cauliflower
- 1 Large Egg
- 2 tsp. of Coconut Oil
- 1 Garlic Clove, minced
- 1 tsp. of Ideal Salt or Sea Salt
- 1/2 tsp. dried Basil
- 1/2 tsp. dried Oregano
- Fresh Ground Pepper to taste

## PREPARATION

1. Preheat oven to 350 degrees.
2. Place grated cauliflower in a microwaveable bowl and microwave for about 5 minutes or until slightly soft. Puree it and set aside.
3. In a bowl, whisk the egg and mix with minced garlic, herbs and spices.
4. Place pureed cauliflower into paper towels over a large bowl to dry it out.
5. Spray a baking pan with Pam Spray.
6. Mix cauliflower puree with egg mixture to make the "dough".
7. Spread the "dough" making one round pizza shape on the baking sheet.
8. Bake for 15 minutes, flip carefully and continue baking for about 10 minutes.
9. Take out of the oven and top with your favorite veggies.
10. Serve & Enjoy! Phase Approved: Phases 1-3

