

# Cauliflower Crust Pizza



**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
25 MINUTES

**TOTAL TIME:**  
30 MINUTES

Author: Christi Davis  
Recipe type: Gluten Free  
Yield: 2-4 Servings

## Ingredients:

- 3 Cups Riced Cauliflower (I used organic cauliflower and riced in mini food processor)
- 1 Cup Gluten Free Oats
- ½ Teaspoon Himalayan Sea Salt
- 2 TBSP Garlic Powder
- 2 Heaping TBSP Pecorino Romano Cheese
- 1 Medium Egg + 1 Egg White
- 1 Teaspoon Dried Rosemary
- 1 Teaspoon Dried Basil
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Onion Powder

## Instructions:

1. Preheat oven to 350 degrees.
2. In a small food processor, add the oats and pulse until becomes a flour texture.
3. Two options: 1. Add all to a normal sized food processor and pulse until combined and forms a dough. 2. Pour all into a mixing bowl and stir until combined.
4. Line a large baking sheet with parchment paper.
5. Spread the dough onto the sheet and form a round pizza crust. Form to desired thickness.
6. Bake in oven for about 15-18 minutes – until edges start to brown and center feels firm and cooked.
7. Remove from oven and top with your favorite veggies.
8. Place pizza back into oven for another 5-10 minutes until cooked through.
9. **Options:** I used a vegan cheese, roasted eggplant, sautéed mushrooms & peppers.

**\*Try and use all organic ingredients if possible.**

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