From the kitchen of
Recipe: Cauliflower Pizza Crust

Ingredients:

The crust, baked initially. Can be frozen.

1 cup cooked, rice/mashed cauliflower*
(cook to be very done and soft and not firm)
1 egg
1 cup mozzarella cheese
½ tsp garlic powder
1 tsp oregano
2 tsp parsley (optional)
Pizza or alfredo sauce*

Directions:

Preheat oven to 450° F.

Spray a cookie sheet with non-stick spray.

Try to squeeze as much of the water out of the cauliflower as possible. It works good to use a clean kitchen towel. In a medium bowl, combine cauliflower, egg, mozzarella and garlic, oregano and parsley.

Press evenly on the pan. Bake at 450° for 12-15 minutes (15-20 minutes if you double the recipe). You may want to broil a bit to get top golden brown. Watch closely. Remove the pan from the oven. To the crust, add sauce, then toppings and cheese.

* Bake again and/or place under a broiler (grill for the Europeans) at high heat just until cheese is melted.