

# Almond Cauliflower Pizza Crust

## Ingredients

### **Crust:**

- 1 ½ cups shredded cauliflower
- 2 large eggs
- 1 cup finely shredded hard white cheese (mozzarella or parmesan)
- 1-2 tsp dried oregano
- ½-1 tsp minced garlic
- ½ cup almond flour

### **Toppings (suggestions):**

- SCD Pizza sauce
- Shredded hard white cheese
- Sundried tomatoes
- Shredded spinach
- Cooked chicken, minced

## Directions

1. Preheat oven to 400C
2. Shred the cauliflower into small crumbles. You will want to ensure you shred and not use a food processor to avoid forming a puree
3. Microwave dry cauliflower for 8 minutes to soften up (allow to cool for 4-5 minutes)
4. Spray a cookie sheet or pizza stone with a nonstick spray. Alternatively use parchment paper to ensure the crust will lift off with ease. This can be used directly on a pizza stone to help cook the bottom of crust
5. In a medium bowl, mix all ingredients for the pizza crust until well mixed
6. Gently fold pizza “dough” onto your pan and gently pat the mix into the shape of a 9-12 inch round circle
7. Bake for 15 minutes or until crust appears golden
8. Remove from oven and spread SCD pizza sauce evenly, allowing for a ½ inch border.
9. Top pizza as desired
10. Turn oven to broil and broil pizza for 3-4 minutes or when cheese is melted and bubbly
11. Remove from oven, slice and serve immediately