



Veg Cauliflower Crust Pizza*

Serving: 1

Veg

Ingredients

- 1 cups of water + 3 teaspoons
- 1 cups of raw cauliflower rice
- 1 teaspoon of ground flax seeds
- 1 tbsp parmesan cheese
- 1 pinch of salt
- $\frac{1}{4}$ teaspoon of italian herbs
- 1 small tomatoes, sliced
- 2-3 olives sliced
- 1 tbsp pizza sauce
- 2 tbsp of fresh basil, finely chopped
- 2 Tbsp palak leaves chopped / or 7-10 baby palak leaves whole
- 1 tbsp cheese (for top)

Preparation Method

- -Fill a large pot with $\frac{1}{2}$ cups of water, and bring it to a boil. Add the raw cauliflower rice and cover; cook for about 4-5 minutes. Drain into a fine-mesh strainer. Place it to a clean thin dishtowel and let it cool a bit. Wrap it up, twist, and then squeeze the excess moisture out. Repeat this step until no water comes out.
- -Preheat oven to 450° F. Line a baking sheet with parchment paper.
- -Mix 3 teaspoon of water and ground flax seeds. Let it stand for 5 minutes to thicken.
- -In a medium bowl mix cauliflower, flax mixture, cheeses, salt and Italian herbs. Mix well using your hands, or you can mix it in the stand mixer with the hook attachment.
- -Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. The thickness will depend on your personal taste, but I recommend you do not spread super thin; $\frac{1}{3}$ inch thick works great.
- -Bake for 20 minutes, or until crust is firm and golden brown.
- -Add your favorite toppings. In this case, add , tomatoes, olives , cheese and basil and palak .
- -Return the pizza to the oven, and bake an additional 2-4 minutes, just until the cheese melt and bubbly.
- -Serve immediately.