Cauli Pizza

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Cauliflower becomes cauli”flour” for a low carb take on pizza, flatbread, or cheesey bread sticks.  This one recipe can work as a base for many combinations. The key to making a solid crust is to make sure you wring out all the moisture from the cooked cauliflower. To do this, use a dish towel and wring out liquid until the grated cauliflower become dry.

You can easily turn to other Shift recipes to work as toppings for a pizza, too. Use the **Buffalo Chicken Tender recipe** found in the paperback version of *The Shift* and fresh mozzarella to create a buffalo chicken pizza. Or use the recipe for **Spinach Artichoke Dip**, also found in *The Shift*, as a topping for an impressive low-carb flat bread party appetizer. The combinations are endless.

**Pizza Crust Recipe (without toppings)**

|  |  |
| --- | --- |
| Total Calories | 55 |
| Carbohydrates | 3 grams |
| Total Fat | 3 grams |

**Pizza Recipe (crust plus toppings)**

|  |  |
| --- | --- |
| Total Calories | 85 |
| Carbohydrates | 4.5 grams |
| Total Fat | 6 grams |

*Serving size = 1 pizza*

**Ingredients**

**Pizza “Crust”**

* ½ cup grated cauliflower florets (about quarter cauliflower head)
* Dash salt
* 2 tablespoons grated smoked mozzarella
* 1 teaspoon ground fennel
* ½ teaspoon dried oregano

**Toppings**

* ½ tablespoon prepared pizza sauce (look for natural sauces with no added sugar)
* 3 to 4 cherry tomatoes, sliced
* 1 tablespoon smoked mozzarella
* Dash salt
* Basil leaves for garnish

**Procedure**

1. Preheat oven to 400 degrees F. Line a small baking sheet/pan with parchment paper and set aside.

2. Using the large hole of a box grater, grate cauliflower florets.

3. Put grated cauliflower in a microwave safe bowl with about 2 tablespoon water and cook in microwave for 4 minutes. Drain and cool completely. Sprinkle with salt.

4. Place grated cauliflower in dish towel or cheese cloth and wring out remaining liquid until completely dry. Transfer to bowl and combine with mozzarella, fennel, and oregano and form into ball.

5. Place ball on prepared baking sheet/pan and flatten out to form a crust.

6. Bake crust for 18 to 20 minutes.

7. Remove from oven; increase temperature to 450 degrees F. Add with desired toppings and, if using cheese, bake until it browns and bubbles or for another 8 to 10 minutes.

8. Remove from oven and transfer to serving dish. Garnish with fresh basil or other fresh herbs.