



Cauliflower Almond Pizza Crust

Jacob · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

8

Description

This crust puts a healthy twist on a traditional classic Use this recipe for all your pizza creations Add your favorite toppings and bake for an additional 10 minutes or until preferred doneness is reached

Ingredients

- - 1 head cauliflower
- chopped - 1 cup almond flour - 3 eggs - ½ teaspoon oregano - ½ teaspoon thyme - ½ teaspoon rosemary - 1 dash salt - 1 teaspoon all-purpose flour

Instructions

1. Preheat oven to 450 degrees F (230 degrees C). Place cauliflower in a food processor or blender; pulse until broken down into grains the size of rice. Spread on a baking sheet. Roast in the preheated oven until soft
2. about 10 minutes. Transfer softened cauliflower to a large bowl; add almond flour
3. eggs
4. oregano
5. thyme
6. and rosemary. Stir well until dough pulls into a ball. Dust a pizza pan with flour; spread dough on the pan with a spatula to form the crust. Bake crust in the preheated oven until golden brown and edges are crispy
7. about 20 minutes. Cook's Note Cauliflower may also be softened in the microwave for 4 minutes. Flax eggs may be substituted for eggs. Other flours may also be used in place of almond flour. Wheat flour will result in a crust with a more stable consistency.