

Keto Pizza Crust

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 10 mins

Description

A homemade cauliflower pizza crust is perfect for when you really want a slice but carbs aren't nice. Enjoy your keto diet.

Ingredients

- 1 head cauliflower
- broken into florets - 2 tablespoons water
- or as needed - 2 eggs
- lightly beaten - ½ cup shredded mozzarella cheese - ¼ cup grated Parmesan cheese (Optional) - 1 ½ teaspoons paprika - ½ teaspoon dried oregano - ½ teaspoon kosher salt

Instructions

1. Place cauliflower florets into a food processor and blend into rice-like bits. Transfer to a saucepan and add water. Cook over medium-low heat for 10 to 15 minutes. Transfer cauliflower rice to a bowl and refrigerate until completely cooled
2. about 30 minutes. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Spread cooled cauliflower rice onto a clean kitchen towel. Wrap it up tightly and squeeze out all the water. Transfer to a large bowl and add eggs
3. mozzarella cheese
4. Parmesan cheese
5. paprika
6. oregano
7. and salt. Mix well. Transfer cauliflower mixture to the baking sheet and spread and shape it into a pizza crust shape. Bake in the preheated oven for 20 minutes. Allow to cool completely before carefully flipping crust over and adding toppings
8. if desired. Cook's Notes: You can substitute 2 grams of table salt for the kosher salt. You don't need to use Parmesan cheese -- it helps as a binder
9. but is not needed. You can substitute it with whatever you'd like. You are
10. after all
11. the master of making sure this keto crust bakes or busts. If you want to top your pizza crust
12. add toppings and return to the hot oven until toppings are warmed through
13. about 10 minutes more.