



# Cauliflower Pizza Crust

2 cups cauliflower riced  
2 eggs  
3 tbsps coconut flour  
2 tbsps water  
3 tbsps coconut or avocado oil  
1 tsp salt  
1 tsp Italian herbs

Preheat oven to 405F.

~Microwave the riced cauliflower for 5 minutes then transfer it to a nut milk bag or clean kitchen towel.

~Carefully squeeze out as much water as you can.

~Let it rest a few minutes then squeeze out even more water.

You should have about a cup of this cauliflower paste.

~Add that to a large bowl and mix in the rest of the ingredients until a soft dough forms.

~Line a sheet pan with parchment paper and shape your pizza crust on it.

~Roast for 25-30 minutes until the cauliflower crust is golden in color and lightly browned on the edges.

~Add your favorite toppings and pop it in the oven for an extra 5 minutes.