

Gluten-Free No Bloat Cauliflower Pizza

Ingredients:

1 cauliflower (Grate and steam 4 min. Squeeze out excess moisture with tea towel)
2 eggs, beaten
1/4 c. almond or tapioca flour
1/2 tsp each dried oregano, basil
opt. 1/4 tsp garlic powder
S and P to taste

Marinara Sauce, or a good quality store-bought organic one
1 cup your choice sautéed, grilled or roasted veggies (chard, spinach, mushroom, zucchini etc.)
optional: 1/4- 1/2 cup goat cheese
fresh herbs like basil and, or parsley

Method:

In medium sized bowl, mix pre-cooked cauliflower together with eggs, flour, herbs and seasoning.

Pat into a pizza shape on to parchment-lined sheet tray and bake for 15 minutes at 375 F or until golden.

Remove from oven to cool slightly. If desired, you can store the crust for future use at this point.

Ladle a small bit of marinara on to the crust and then arrange vegetables and optional goat cheese on top. Bake for another 15 minutes or until crust, sauce and cheese is cooked through. Add herbs before serving.