

MB Cauli Crust Pizza (egg)

Ingredients

- 1 large head of cauliflower (about 2-2.5 pounds of florets)
- 1/3 cup of vegan mozzarella cheese
- 1 1/2 teaspoon dried oregano
- 1 teaspoon dried thyme
- Pinch of salt
- egg**

Instructions

1. Preheat the oven to 400 degrees F.
2. Cut the cauliflower into florets and steam them until soft (about 5-7 minutes).
3. In a food processor, blend the cooked florets until you have a nice-looking texture-- you might have to do this in batches depending on the size of your food processor.
4. This step is the key to a successful crust; strain the cauliflower rice. The only way to do this properly is to put the cauliflower in a cheesecloth and twist hard until the water comes out.
5. In a bowl, whisk the egg, and then add in all the rest of the ingredients.
6. Mic with your hands to form a dough. Shape the crust on a baking tray lined with parchment paper. This dough will not rise nor spread out like regular dough, so shape it thick enough to use as a crust (about 1/3" thick).
7. Bake for about 35 minutes until it becomes golden brown.
8. Remove from the oven, add your toppings, and bake again until toppings are melted and cooked to preference.

**If doing strict NO's, omit eggs until after the 30-day elimination phase of the program