

## **Cauliflower Pizza Crust**

This innovative recipe uses grated cauliflower as the foundation for the dough, avoiding the carb-overload and calories that comes with traditional pizza. The crust sticks together with the addition of yogurt and egg. Pre-cook the crust to get a firm, crispy bottom, add the toppings, and then put it back into the oven to melt the cheese. It's a super quick and a great way to resurrect pizza night without the guilt!

### **What You'll Need:**

#### **For the crust:**

2 cups grated cauliflower (about 1/2 a head)  
1/2 cup plain, no-fat yogurt  
1 egg  
1 teaspoon Italian seasoning  
Salt to taste

#### **For the topping:**

3/4 cup of marinara sauce  
1/2 cup of grated low-fat mozzarella or other cheese of choice  
Choice of cooked vegetables/fruit

### **What to Do:**

1. Preheat the oven to 400 degrees.
2. In a food processor or high power blender, prepare the cauliflower by pulsing florets until they take on a grainy or "rice" texture. Place "rice cauliflower" into a clean, thin dish towel. Wrap it up in the middle and twist closed, squeezing out all the moisture.
3. Place the dry cauliflower into a bowl and add the yogurt, [eggs](#), and spices. Fold the mixture until everything is evenly combined.
4. Place the cauliflower "dough" onto a baking sheet lined with parchment paper and spread the mixture with your hands until it is about 3/4-inch thick. This is your crust!
5. Bake the crust for 30 minutes or until lightly browned and firm enough to hold its shape.
6. Remove the crust from the oven and top with marinara sauce, shredded mozzarella, and your choice of veggies. Pop the pizza back into the oven for another 5 minutes or until the cheese is melted and the veggies are heated.

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