



CAULIFLOWER PIZZA BASES

MAKES 2 BASES

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- ½ large cauliflower, rough chopped, steamed & mashed
- ½ cup Almond meal
- 4 eggs
- ¼ cup Parmesan cheese
- ⅓ cup coconut oil, melted

Method

- Preheat oven 180°C
- Line 2 large round pizza trays with baking paper.
- Mix all ingredients in a large mixing bowl.
- Divide the mixture over the two trays, spread evenly.
- Bake bases in the oven for about 15 mins.

Add your favourite toppings and bake until toppings are cooked and cheese is golden.

