



cauliflower crust;

1. (cawl-ee-flow-er krust) *noun*.
A bread-like substitute made out of cauliflower, eggs, and cheese.
2. Produces 2 servings.
 3. Preparation 20 mins.
 4. Oven temperature set to 450.

Ingredients;

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|---------------------------|--------------------------|
| 2 c. cauliflower florets | $\frac{1}{2}$ c. cheese* |
| 1 egg | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ tsp. pepper | |

*Parmesan, mozzarella, etc.

Instructions;

1. Line a baking sheet with parchment paper. Set aside.
2. In a food processor, pulse the cauliflower until rice-like.
3. Transfer the cauliflower to a microwave-safe bowl, and microwave for 7 minutes. Use a paper towel to absorb any extra moisture.
4. In a separate bowl, whisk the egg. Once the cauliflower has cooled down a little, add the egg, cheese, salt, and pepper and mix well. It should come together to form a very loose dough.
5. Spread the cauliflower mixture onto the lined baking sheet and shape into 4 squares. Bake 10 minutes until bottom is golden.

Serving Suggestions;

1. Grilled cheese
2. Pizza crust
3. Cheesy breadsticks