

Cauliflower Pizza Base

If you want something that tastes amazing, but don't want that bloated, lethargic feeling that follows the consumption of normal pizza – then this is for you! (also perfect if you are sensitive to refined grains, gluten intolerant, or just want a healthier option – particularly great if you are working on losing weight!)

It's also a brilliant way to get the kids to eat more vegies, - it's a treat and they can be involved in the creation process (i.e. let them decorate their own delicious –and healthy- pizza!)

Ingredients

4 cups steamed cauliflower

1 cup Almond Meal

4 eggs, lightly beaten

1/3 cup coconut oil (melted)

Salt

Pepper

Chili Flakes (or any other herb you fancy!)



Method

Preheat oven to 180

In a large bowl, mash your steamed cauliflower until it resembles rice (i.e. its all mashed up!).

Mix in the almond meal, eggs, coconut oil, salt, pepper and your choice of seasoning (chilli is definitely my fave!)

Divide the mixture onto two trays (grease the trays with a little extra coconut oil), and shape into a circle using your fingers. Make the base so it is approx. 1-2cm thick.

Cook the base for 10mins (or until the edges start to brown slightly).

Remove from oven and add your choice of topping!! (Make it as scrumptious as you can – my FAVOURITE things on pizza are beetroot, tomato, rocket and fetta.....mouth wateringly, party in your mouth, awesome!)

I have found this recipe may take a little adjusting depending on the day – sometimes I find I need to add a little extra almond meal, or, I need to cook it a little longer than ten minutes.

This recipe has been adapted from 'The 20/20 Diet Cookbook' by Lola Berry (seriously worth getting yourself a copy if you don't have one)

Hayley xx