



The Buff Dudes' Low-Carb, High-Protein Pizza

Ingredients

Cauliflower, chopped 2 cups
Cheese, grated 1/2 cup
Chicken, grilled and shredded, 6 oz.
Parsley and oregano
Tomato sauce or pasta sauce 3/4 cup
Fresh spinach 1 handful
Eggs 2

Directions

1. Set oven to 450 degrees F.
2. Use a knife to cut and scrape florets from a head of cauliflower. Place the cauliflower in a food processor or blender and pulse until it has a texture like rice. Measure 2 packed cups, and pour into a mixing bowl.
3. Add two eggs, 1/2 cup cheese, and a dash of parsley and oregano to the cauliflower. Mix together with a fork until it takes a dough-like consistency.
4. Add cooking spray to a pizza pan and add cauliflower dough. Pat into a pizza shape approximately 10-12 inches across. Bake for 15-20 minutes, until it is completely cooked and golden brown.
5. Add sauce, a light layer of additional cheese (optional), chicken, spinach, and any other ingredients you desire.
6. Put back in the oven for 3-10 minutes, or until the cheese is melted. Keep an eye on it so it doesn't burn!