



Low-Carb Pizza Crust

Ingredients

- 1 cup riced or grated cauliflower
- 1 egg, beaten
- 1/2 cup mozzarella cheese
- 2 tbsp. Italian season
- 1 tbsp. minced garlic
- 1 tsp. sea salt

Directions

1. Preheat oven to 375 degrees.
2. Line cookie sheet with foil and spray generously with non stick spray.
3. Rice the cauliflower florets, in a food processor or grate manually.
4. Microwave riced cauliflower for 8 minutes. Set aside.
5. In another bowl, mix the rest of the ingredients, and add riced cauliflower. Mix well.
6. Pour mixture onto cookie sheet. It should be circular, like a pizza.
7. Bake for 17-20 minutes
8. Once crust is done, top with cooked chicken breast, sliced tomatoes, basil, a sprinkle of mozzarella, or whatever other toppings your prefer.
9. Broil pizza for 5 minutes or until lightly toasted on top.

Nutrition (with sliced tomatoes, basil, 1/2 cup non-fat mozzarella cheese):

Per serving, recipe makes 2 servings:

Calories: 171.5

Fat: 2g

Carbs: 16g

Protein: 24.5g