



OVEN ROASTED CHEESELESS CAULIFLOWER CRUST PIZZA

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 1 serving covering your protein, and veggies.



INGREDIENTS

- 1 tablespoon avocado or coconut oil
- 1 cup cauliflower rice, thawed and drained
- 1 large egg, lightly beaten
- 2 oz. chopped chicken
- Pink Himalayan salt and ground black pepper, to taste
- 1/4 cup Rao's tomato sauce
- 1/2 cup grape tomatoes, sliced in half
- 2 cloves garlic, sliced or garlic powder to taste
- 1/4 teaspoon crushed red pepper flakes
- 1/8 cup of fresh basil leaves
- 1/2 cup of spinach



DIRECTIONS

Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.

Mix in the cauliflower rice, egg, salt and pepper. Once combined, pat into a 10-inch round prepared pizza pan.

Coat lightly with melted butter or coconut/olive oil and bake for 10 to 15 minutes, or until golden.

Top the pizza with the sauce, grape tomatoes, garlic, cooked chopped chicken and red pepper flakes.

Bake in the oven until melted and bubbly, another 10 minutes. Then top with basil and serve.