

Keto Cauliflower Crust Pizza with Sausage and Pepperoni

Active Time: 25 minutes | Total Time: 45 minutes | Serves: 4

Nutrition Information Per Serving

408.1 calories, 11.69 g carbohydrate, 4.43 g fiber, 7.26 g NET carbs, 21.78 g protein, 31.22 g fat

Ingredients

- 3/4 ounce(s) Applegate Farms Probiotic Pepperoni
- 1/8 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 1/4 Tbsp coconut flour
- 1/4 head cauliflower
- 1/10 tsp(s) sea salt
- 1/8 tsp(s) garlic powder
- 1/8 tsp(s) dried oregano
- 1/4 Tbsp olive oil
- 1/4 large pastured egg
- 1 1/4 ounce(s) whole milk mozzarella
- 1 1/2 ounce(s) Italian pork sausage, crumbled and cooked

Preparation

1. Preheat oven to 450 F. Grease a piece of unbleached parchment paper with oil.
2. Using a food processor or a box grater, grate the cauliflower very fine. It should be like snow. You should have 3 cups.
3. Place cauliflower snow in a glass bowl and microwave for 4 minutes. Let cool slightly.
4. Using a tea towel, place the cauliflower on the tea towel and ring out the water. Make sure you do this step or your crust will not hold together.
5. Place rung-out cauliflower, egg, coconut flour, oregano, sea salt and garlic powder in a large bowl. Mix well with your hands to combine.
6. Place the cauliflower mixture on the greased parchment and pat out to make a dense round.
7. Transfer to the oven and bake 12-15 minutes to golden.
8. Remove from oven and add your toppings. Spread on the marinara, add the mozzarella, then layer on the pepperoni and sausage.
9. Return to the oven for 2-5 minutes to melt the cheese.
10. Serve.

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