

# Gluten Free, Keto Friendly, Cauliflower Pizza Crust

Posted At : January 24, 2017 11:07 AM | Posted By : Jason

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Here is a super easy way to make a cauliflower pizza crust that are not only gluten free but they are also keto friendly (low carb)



## Ingredients:

- 1 head of cauliflower
- 1/4 cup of **parmesan cheese**
- 2 eggs
- 1/2 cups shredded cheese
- 1/8 cup **italian seasoning**

## Directions:

1. Pre-heat the oven to 350 degrees.
2. Trim the cauliflower and place into a **ninja** or **food processor**
3. Once the cauliflower is a rice like consistnency, take out and place into a **large bowl**
4. Add the **italian seasoning**, eggs, **parmesan cheese** and 1/2 cup of shredded cheese and mix well.
5. Line a **large pizza** pan with **parchment paper**
6. Dump the cauliflower mixture on top of the parchment paper and press out until it either fills the pan or is the size that you want.
7. Bake in the oven for 20 minutes or so, or until the top starts to get a bit golden brown.
8. I usually will use a **pizza peel** and slide the crust off of the pan with the parchment paper, take the pizza pan and put it on top of the pizza crust and then flip it so that the bottom of the pizza crust is now the top and bake it for a bit longer.

Watch this video on Dailymotion - <http://dai.ly/x6hzlbj>

Watch this video on DTube - <https://d.tube/v/jmrados/pp22n482>

Watch this video on YouTube - <https://youtu.be/SrhO36Wx5Ac>

