

BANDALICIOUS

Delicious. Easy. Healthy.

CAULIFLOWER PIZZA

Serves: 6

YOU WILL NEED:

- ½ large head of fresh Cauliflower
- 1 Tbls. Olive oil
- 2 tsp. Minced Garlic
- ¼ c. Egg Substitute
- 2 c. Shredded Mozzarella, Reduced Fat
- ½ c. L.E. Roselli's Spaghetti Sauce (*or the lowest grams of sugar you can find!*)
- Garlic powder
- Onion powder
- Italian Seasoning
- Salt
- Pepper

DIRECTIONS:

1. Use a grater to 'rice' the Cauliflower. Place riced cauliflower in a microwavable bowl and microwave for 9 minutes. Do not add water. Stir every 3 minutes.
2. In a small pan, sauté minced garlic in olive oil over low heat for 2 minutes.
3. Allow bowl of cauliflower to slightly cool; add in oil/garlic, egg substitute, 1 cup of cheese, Italian seasoning, onion powder.
4. Mix well!
5. On a pizza stone (or cookie sheet sprayed with non-stick spray) shape mixture into a flat circle. You may also divide the mixture and make two different shapes (as seen in photos).
6. Bake the 'crust' in the oven for 15 minutes; edges will darken.
7. Remove crusts, add left over cheese and sauce evenly.
8. Place pizza under the broiler ... watch carefully! Do not burn!
9. Salt and pepper to taste
10. Serve and Enjoy!

CAL: 150
FAT: 9
CARB: 8
FIBER: 2
SUGAR: 3
PROTEIN: 13

**If making two shapes, reserve half of the sauce for dipping, rather than spreading on the pizza. See photo for examples.*

