



Cauliflower Pizza Crust

Ingredients:

- 2 cups Cauliflower, florets
- ¼ cup Egg whites, carton or fresh
- ¼ cup Greek yogurt
- ¼ cup Low-fat cottage cheese
- 1 tsp Basil, dried
- 1 tsp Oregano, dried
- 1 tsp Garlic powder
- 2 Tbsp Nutritional yeast or parmesan cheese
- Pinch Salt
- Pan spray



Directions:

1. Gather all ingredients and fill a sauce pot half way with water. Set on high heat to boil; pre-heat your oven to 425F.
2. In a food processor, combine the Greek yogurt, low-fat cottage cheese, and egg whites until a smooth mixture is formed. Set aside in a bowl and wash the base.
3. Place cauliflower florets into the food processor. Pulse until coarse crumbles form. Remove and place in the boiling water to blanch for 1-2 minutes. Immediately remove with a slotted spoon, and place scoop mix into cheesecloth; wring out as much water as possible. Drain and set aside.
4. In a small bowl, combine all dry ingredients. Pour dry ingredients into cauliflower crumbles, mixing by hand to incorporate.
5. Next, add egg whites mixture until dough starts to form. Place dough on parchment papered sheet tray sprayed with pan spray. Form a desired shape for the crust and bake for 15 minutes or until it starts to turn golden brown.
6. Remove from oven and add desired toppings. Place back in oven for 4-5 minutes until toppings are hot and cheese is melted (if cheese was used).

Nutrition Information (4 servings):

Calories: 55; Total Fat: 1g; Carbohydrates: 5g; Sugar: 2g; Fiber: 2g; Sodium: 90 mg; Protein: 7g

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