



Cauliflower Pizza Crust Recipe

Ingredients:

- 2 c. riced cauliflower
- 2 large eggs
- 1 bag of crushed Protein Ranch Balls
- 2 tsp. oil
- 1 dash salt
- 1 tsp. dried Italian herbs

Directions:

1. Preheat oven to 405° F.
2. Microwave the riced cauliflower for 5 minutes then transfer it to cheese cloth or clean kitchen towel. Carefully squeeze out as much water as you can. Let it rest a few minutes then squeeze out even more water.
3. You should have about a cup of this cauliflower paste. Add that to a large bowl and mix in the rest of the ingredients until a soft dough forms.
4. Line a sheet pan with parchment paper and shape your pizza crust on it. Do not spread it thinner than 1/4 inch or it will tear.
5. Bake for 25-30 minutes until the cauliflower crust is golden in color and lightly browned on the edges.
6. Add your toppings and bake 5-8 more minutes.

Servings: makes 1 serving.

Each serving = 2 oz. lean protein, 2 cups select vegetables, daily healthy oil, daily salt.

Diet-Compliant Pizza Toppings:

- Diet Right Cheese Sauce
- Tomato Sauce (no sugar added)
- Chicken
- Steak
- Lean ham
- Peppers
- Mushrooms
- All kinds of fresh herbs! (basil, oregano, garlic, parsley, etc.)
- olives

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