

# Cauliflower Pizza



## Description

Cauliflower is a great low caloric substitute to flour and is loaded in fiber, vitamins and minerals that will help you feel full for a longer period of time without the guilt of loading up carbohydrates usually found in pizza doughs.

**6** Serves    **70** Mins Prep  
**70** Min Cook    **410** Calories Per Serving

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## Ingredients

- 500g cauliflower florets
- 1 cup Corn flour
- 1 large egg
- 1 tsp Maldon salt
- 1/2 tsp Black Pepper
- 2 Tbsp Italian Herbs
- 100g Manchego (shredded)
- 300g Ready made Pizza sauce
- 10 Fresh mushrooms
- 1 Red pepper
- 1 Yellow Pepper
- 200g mozzarella cheese (shredded)
- 100g emmental (shredded)
- 8 slices of turkey

**Buy ingredients from this recipe**

14 Ingredients



Recipe By

**Nicole Maftoum**

Entrepreneur, Dietitian, Food blogger and Home cook, Nicole Maftoum is the founder of Eat Like Nicole. She was born and raised in a house where cooking and eating were the essence of showing love and celebrating life in all its forms. Inspired from h..

## Method

1. In a food processor place the cauliflower florets and proceed until you get a very fine texture. Place the "cauliflower rice" on a baking tray and place in the oven for 15 minutes (180oC).
2. Transfer the cauliflower rice to a towel and squeeze out all the water then place in a large mixing bowl and add the corn flour, egg, salt, pepper, herbs and cheese and mix well until you get an homogenous dough. Refrigerate for an hour.
3. Shape a circular disk using half of the dough and bake in the oven for 10 minutes (350oC).
4. Remove the dough from the oven and top it with pizza sauce followed by the vegetables, turkey slices and the cheese bake for another 10 minutes (350oC).

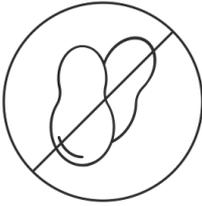
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## Dietary & Lifestyle Information



Vegetarian



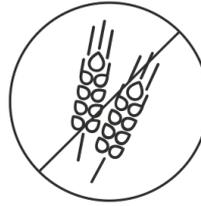
Peanut Free



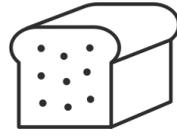
Keto Friendly



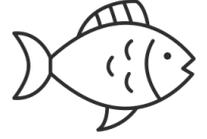
Healthy Living



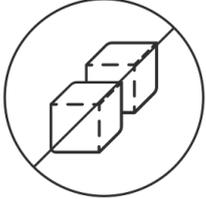
Gluten Free



Low Carb



Pescatarian



Diabetes  
Friendly