



Cauliflower Crust Pizza

Recipe makes:
8 portions

Preparation time:
20 minutes

Cooking time:
55 minutes

Nutritional Information

1 Portion

Energy	87kcal
Carbohydrates of which sugars	16.8g 3.1g
Protein	7.4g
Fat	4.5g

Ingredients:

Crust:

- 1 medium cauliflower cut into small florets
- 4 garlic cloves, minced
- 1 tsp onion powder
- ¼ tsp dried oregano
- 55g medium-fat mozzarella cheese, shredded
- 25g parmesan cheese, grated
- 2 large eggs, beaten
- A pinch of salt and ground black pepper
- Spray oil

Topping:

- 105g Marinara sauce (see separate recipe card)
- 2 tbsp fresh basil leaves, chopped
- 90g finely sliced broccoli
- 35g finely sliced mushrooms
- 55g medium-fat mozzarella cheese, shredded

Method:

1. Preheat oven to 180°C/ fan 160°C/ gas mark 4.
2. In a blender blend cauliflower to a paste.
3. Strain cauliflower through a doubled cheesecloth or a thin cotton tea towel and squeeze out excess water. Repeat until cauliflower is as dry as possible.
4. In a bowl mix cauliflower, garlic, onion powder, oregano, a pinch of salt and pepper, shredded mozzarella, grated parmesan cheese and eggs together.
5. Using a large baking sheet or pizza pan spray with cooking oil then spread cauliflower mixture out until thin.
6. Bake the cauliflower base for 40-45 minutes until golden brown.
7. Whilst the base is in the oven, fry mushrooms and broccoli in a non-stick pan until soft. Set aside.
8. When the crust is cooked, remove from the oven and top with Marinara sauce and the shredded mozzarella. Bake for another 5-7 minutes.
9. When the pizza is ready, remove from the oven and top with fresh basil and the fried mushrooms and broccoli.
10. Cut into 8 equal sized slices and serve.

Chef's Tips:

- Add fresh herbs on top. Enjoy warm or cold.
- Great for lunch box or picnic.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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