

Cauliflower Crust Mini Pizzas

Recipe By Victoria Dwek



Cooking and Prep:  40
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free

Source: Kosher.com

Exclusive

No, cauliflower crust pizza may not be doughy like real pizza. But it's totally delicious in its own right! Yields 8 mini pizzas.

Watch Victoria Dwek make these delicious pizzas and 3 other amazing cauliflower rice dishes [here!](#)

Ingredients (9)

Main ingredients

- 1 (14-ounce) bag [Heaven & Earth Riced Cauliflower](#)
- 3 egg whites or 1/3 cup plus 3 tablespoons [Haddar Egg Whites](#)
- 1/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon dried basil

- 1/2 teaspoon dried oregano
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon salt
 - pinch of black pepper
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Start Cooking

Prepare the Pizza

1. Preheat oven to 425 degrees Fahrenheit.
2. Heat the cauliflower rice in the microwave for three minutes.
3. Line a colander with a cheesecloth or paper towels. Add cauliflower rice and squeeze out as much liquid as you can. The drier the cauliflower, the better your crust will hold together.
4. Transfer squeezed-out cauliflower rice to a bowl. Add egg whites, cheese, and spices and mix thoroughly to combine.
5. Scoop quarter-cup mounds of cauliflower batter onto the baking sheet and press crust together to tighten and flatten. Prepare with remaining cauliflower. Bake for 20 minutes, until edges are golden.
6. Top with sauce and a sprinkle of Parmesan and bake for an additional five to six minutes.