



Cauliflower Flat Bread (Cauliflower Pizza Crust)

- 1 pound cauliflower florets (fresh or frozen)
- 1/2 cup finely ground almond meal (almond flour)
- 1 whole egg
- 1/2 tsp salt
- 1 T ground flax or chia seeds (optional)
- 1/2 tsp pure garlic powder or one clove fresh garlic, minced
- 1 T minced fresh or 1/2 tsp dried herbs, your choice (optional)

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper. Pulse the cauliflower florets in a food processor until it resembles rice. Pour the "rice" into a large saucepan, cover with water, and bring to a boil. Cover the pot, reduce heat and simmer for 5 minutes.

2. Drain cauliflower into a sieve lined with cheesecloth. Tie the ends of the cheesecloth together and lift from the sieve, allowing some of the water to drain from the cauliflower before cooling the mixture (remaining wrapped in cheesecloth, in a cold-safe dish) in the freezer for 10-15 minutes.

3. Remove the cooled cauliflower from the freezer and squeeze out remaining water with your hands. Untie cheesecloth and place cauliflower in a large bowl with remaining ingredients. Mix with hands and spread on prepared cookie sheet to 1/4 inch in thickness. Press firmly, avoiding thin spots.

4. Bake at 400 degrees for 30 minutes. Flip bread using a large sturdy spatula or with the aid of another cookie sheet pressed on top of the bread before turning over. Bake for another 15 minutes to crisp. Tear or cut into individual portions.

5. If using flat bread for a pizza crust, top with desired (cooked) ingredients and broil until heated through and cheese melts. Enjoy!

