

NUTRITIONAL KETO CAULIFLOWER PIZZA

Prep Time 20 minutes	Cook Time 50 minutes	Total Time 1:10 minutes	Servings 8
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Ingredients:

4 cups (32 oz) Cauliflower (grated)
8 large black olives
3 stalks green onions
3 eggs
1 tablespoon Italian Seasoning
1 teaspoon Garlic powder
8 oz organic Italian Sausage (mild and hot each 4 oz)
16 slices Pepperoni
½ cup Marinara Sauce
½ Green Pepper, sliced
6 Fresh Basil leaf
8 oz Spinach, Raw
2 cup Parmesan Cheese
6 oz Mozzarella Cheese
6 oz Provolone Cheese
4 large mushrooms, sliced

Directions: Heat oven 400 degrees.

1. To remove some of the moisture from the cauliflower, cook the cauliflower in a pan for about 15 minutes. Allow cauliflower to cool a few minutes.
2. Once Cauliflower cools place in a large mixing bowl and add eggs, parmesan cheese, Italian seasoning and garlic powder and mix together well
3. In a pizza pan line with parchment paper place cauliflower mixture and spread with spatula over pizza pan evenly.
4. Bake mixture in oven for 20 minutes.
5. While you wait for pizza cook the sausage and crumble to top pizza.
6. Once pizza has baked for 20 minutes remove from oven and top pizza with toppings.
 - Spread pizza sauce and spread all the way to edge
 - Top with Mozzarella cheese
 - Add green onions, peppers, mushrooms and olives
 - Top with Provolone Cheese
 - Place basil leaves on pizza
 - Sprinkle sausage and place pepperoni over pizza
 - Sprinkle with more cheese.
7. Place pizza back in the oven for 15 minutes. You can turn on broiler for the last 2 minutes if you like crispy pepperoni.