

Individual Cauliflower Pizzas

Crust:

- ◇ Cover a cookie sheet **with parchment**. Set oven at 400.
- ◇ Rice most of a large **cauliflower** in a food processor with the **2-winged blade**, processing batches of cauliflower until you have 5 cups or less. Freeze leftover florets for soup.
- ◇ Then using the **round grating blade** to, grate **6 oz. mozzarella & other cheeses** and set aside on a big plate or small cookie sheet.
- ◇ In a big ceramic **baking dish**, cook cauliflower with 2 T. water in microwave for 4 to 6 minutes until tender. Then squeeze and drain out the leftover water.

To make the crusts, mix the cooked cauliflower with:

- ◇ 1 **egg**
- ◇ 1 cup **mozzarella** - The leftovers go on top of the pizzas later.
- ◇ ½ T. granulated **garlic**
- ◇ 2 t. **Italian seasoning** or a mix of powdered garlic, powdered onion, basil, oregano
- ◇ 2 to 4 T. **flour** - wheat, coconut, oat or quinoa

Stir the mixture. Drop mounds of dough onto cookie sheet with a big spoon or use an **ice cream scoop** so pizzas are uniform size. This should make 8 or 9 pizzas. Smoosh down and firm up edges. You can't flip a big pizza! This has to be done as individual pizzas.

Bake crusts 20 minutes or until golden brown. Flip each one over on the parchment as you sprinkle corn meal under them.

While they are baking, **prepare all toppings in food processor** with the round slicing blade:

- ◇ a mix of **olives** and **1/4 lb. mushrooms** and set aside on the plate.
- ◇ a mixed batch of **onions (1 small)**, a few cloves of **garlic**, **½ or more of a green pepper** or mix of **green, red or yellow peppers** and set aside on the big plate.
- ◇ 1 or more precooked **Italian sausage (chicken)** or **pepperoni** and set aside.

You should now have a pile of cheese, a pile of mushrooms/olives, a pile of onions/peppers/garlic and a pile of meat.

Toppings - Top each pizza with:

- ◇ 1 - 2 T. pizza sauce on each pizza
 - ◇ A sprinkle of oregano and other spices if you like.
 - ◇ a sprinkle of grated cheese
 - ◇ then a layer of olives and mushrooms
 - ◇ Then add precooked meat. If meat is raw, then put it on last.
 - ◇ Follow with a layer of onions, peppers and garlic & finish with a bit more cheese to look pretty.
- Bake 15 minutes or until ingredients start to brown and the onion is no longer bitter.