

Grain-Free Cauliflower Pepperoni Pizza

Hands-on 10-15 minutes Overall 35-45 minutes

Nutritional values (per serving, 1 slice): Total carbs: 3 g, Fiber: 0.8 g, **Net carbs: 2.1 g,**

Protein: 5.7 g, Fat: 7.8 g, Calories: 102 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 pizza, 8 slices)

Pizza Base:

- 1 1/2 cup [cauli-rice](#) (175 g/ 6.2 oz)
- 1 egg large white
- 1/2 cup grated low-moist mozzarella (60 g/ 2.1 oz)
- 1/3 cup finely grated Parmesan cheese (30 g/ 1.1 oz)
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp salt
- [extra virgin olive oil](#) or [virgin coconut oil](#), for greasing

Sauce:

- 1 tbsp [tomato purée](#) (15 g/ 0.5 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 clove garlic, minced
- 1/2 tsp dried fennel seeds
- 1/4 tsp dried flaked chilies
- 1 tbsp fresh parsley
- 1 tbsp fresh basil

Topping:

- 1/2 cup sliced brown mushrooms (36 g/ 1.3 oz)
- 10 slices pepperoni ham (20 g/ 0.7 oz)
- 1/4 cup grated mozzarella cheese (28 g/ 1 oz)
- 1/4 cup fresh basil leaves

Instructions

1. First, rice the cauliflower. You can find the instructions [here](#). Place the cooked Cauli-rice into a towel and squeeze all the water out of it. It is important to get the rice as dry as possible so that there

won't be extra moisture in the crust. Drying Cauli-rice will help the pizza maintain its crispiness.

2. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). In a bowl, mix the riced cauliflower with the egg white, grated mozzarella cheese ("pizza type", low-moist) and Parmesan cheese, dried basil and oregano, garlic powder (you can also use one crushed garlic clove) and salt.
3. Line a baking sheet with parchment paper or place on a non-stick tray. Press the cauliflower mixture evenly on the prepared pan. I kept the crust pretty thin, about 1/8 inch thick. Spray with some extra virgin olive oil. This will help the pizza get nice and brown. I made the pizza almost square but you can make any shape you like.
4. Bake for about 20 minutes until the crust is firm and golden brown. After cooked, remove the tray from the oven and set aside. Keep the oven on.
5. Meanwhile, prepare the pizza sauce. Mash the garlic, chop the basil and place with the rest of the ingredients into a small bowl. Mix with a spoon (or blend).
6. When the pizza base is nice and brown, spread the sauce evenly all over it.
7. Top with grated mozzarella cheese, pepperoni and sliced mushrooms. Sprinkle with freshly chopped basil leaves. Place in the oven and cook for an additional about 15 minutes. Keep an eye on it to make sure it doesn't get burnt!
8. Enjoy warm or refrigerate for up to 3 days. Reheat before serving.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

Free & premium keto diet plans