

Keto Cauliflower Pizza Muffins

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per muffin): Total carbs: 5 g, Fiber: 1.7 g, **Net carbs: 3.3 g,**

Protein: 10.3 g, Fat: 14 g, Calories: 185 kcal,

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



Ingredients (makes 8 muffins)

- 4 cups riced cauliflower (480 g/ 1.1 lb)
- 3 large eggs
- 1 pack pepperoni (113 g/ 4 oz)
- 1 cup shredded mozzarella (113 g/ 4 oz)
- 1 can sliced black olives (70 g/ 2.5 oz)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- 1 tbsp [Italian seasoning](#)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sea salt, or to taste

Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted) and grease a muffin tin. [To rice the cauliflower, follow these instructions.](#)
2. In a large bowl combine all of the ingredients and mix together.
3. Divide the mixture between 8 regular sized muffin tin compartments. Press the mix together to create a dome shaped top.
4. Bake for 30-35 minutes until set and golden brown on top.
5. Store in an airtight container in the refrigerator for up to 3 days.

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