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kidstir  
**Cauliflower  
Pizza**  
With a tasty  
gluten-free crust!

**hands-on time:** 15 minutes

**start-to-eat time:** 45 minutes

**tools:**

- parchment paper
- baking sheet
- knife & cutting board
- microwave-safe bowl
- food processor
- measuring cups & spoons

**kids kitchen skills:**

- using a food processor
- measuring
- using a microwave oven
- baking

**ingredients**

- 1 head of cauliflower
- 2 eggs
- 1/4 cup plain yogurt
- 1 cup grated mozzarella cheese
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon salt
- 1 garlic clove, crushed
- 1/2 cup marinara or pizza sauce

**Makes 4 Servings**

**Skip the traditional pizza crust and try this cauliflower crust instead. It's gluten-free and a great way to eat up your veggies. Plus, cauliflower is loaded with vitamins and minerals (especially vitamin C!).**

Grown-up steps and notes


**step-by-step instructions**

1. Preheat the oven to 425\*. Line a baking sheet with parchment

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paper.

 Break the cauliflower into florets. Place them into a food processor. Pulse until the cauliflower looks a little like rice. Measure 4 cups of the cauliflower and place it in a microwave safe bowl. Microwave for 8 minutes.

3. Remove the bowl from microwave. Stir in the eggs, yogurt, 1/2 cup of the mozzarella, oregano, basil, crushed garlic, and salt. Place the bowl back in the microwave and cook for 2 minutes.

4. Spoon the cauliflower onto the parchment paper. Pat it into a rectangle (for the pizza crust). Bake for 20 minutes.

 Spread the hot crust with marinara or pizza sauce and the remaining 1/2 cup of cheese. Bake for 10 more minutes. Slice it up and enjoy!

notes:

Notes section with a vertical dotted line on the left and horizontal lines for writing.

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