

Sleep. Love. Eat

Date Night Pizza

Ingredients:

- 2 cups cooked, riced Cauliflower (*"rice" it by chopping it finely, using a food processor, cheese grater, or smashing it with an avocado tool*)
- 2 eggs
- 2 cups shredded whole-milk mozzarella (or cheese of your choice)
- 1 teaspoon Fennel
- 2 teaspoons Oregano
- 4 teaspoons Parsley
- Toppings of your choice. (I went with some organic pizza sauce, more mozzarella, pepperoni, hot Italian sausage, and topped it with a generous sprinkling of fennel, oregano, parsley, basil, and thyme.)

Instructions:

- Preheat oven to 450.
- In a bowl, mix together your cooked, riced cauliflower, eggs, and mozzarella.
- Spread dough mixture onto a baking sheet or pizza pan. Make it as thick or thin as you'd like.
- Cook in oven for 15-20 minutes, until desired doneness is reached. Some edge-burning is normal.
- Turn the oven off.
- Remove from the oven, and cover with your favorite pizza toppings. I recommend to cover the entire crust with your toppings for ultimate deliciousness. Any plain crust around the edges just ends up tasting like cauliflower, but, with the sauce and stuff on top, it all just tastes like regular pizza. It's like magic!
- Turn your broiler on High.
- Place your pizza with toppings on the top rack near the broiler. Watch it until the cheese melts and bubbles and until the toppings look the way you'd like. I broiled ours for almost 10 minutes because I like really crispy pepperoni and sausage.
- Remove from oven. Dough will typically be drier around the edges and softer in the center of the pizza. I used a spatula to serve it up, and we ate it with a knife and fork - it was too soft for pick up.

* *Note about the cheese* - we don't recommend dairy until you have already done paleo for a full 4-6 weeks.

* *Note to diabetics* - remember that pizza sauce or anything with tomatoes can be sweet and can potentially cause a blood sugar spike. Use pizza sauces with caution and always keep your sweet veggie intake as low as possible. I spread our pizza sauce really thin to avoid unnecessary blood sugar spikes with this recipe.