

## Healthy Grain-free Cauliflower Pizza Crust



### Ingredients

1 Large head of cauliflower (organic if possible)

$\frac{3}{4}$  cup of ground almonds

1  $\frac{1}{2}$  tbsp dried Italian herbs

1 tbsp garlic powder

$\frac{1}{4}$  cup chia seeds

$\frac{3}{4}$  cup water

Sea salt and black pepper to taste

### Method

Pre-mix your chia seeds with the  $\frac{3}{4}$  cup of water and place in your fridge 20 minutes before you intend to make your pizza base.

Chop the cauliflower into usable pieces and place in a food processor and blend until it is a fine rice-like texture. Be sure to squeeze out extra moisture afterwards.

Take three cups of the ground cauliflower and place it into a large bowl, adding in the ground almonds, Italian herbs, powdered garlic, salt and pepper.

Work in the thickened chia mixture and shape everything together into a ball. Unlike traditional dough, it will be loose and sticky.

On a prepared baking tray, form the dough into a flat crust with your hands. Shape a ridge around the outside and bake for 25 minutes or until golden brown.

Allow the crust to cool slightly and then add your favorite tomato base, toppings and bake for an additional 5-10 minutes.

**Source: Saving the Green**



**Alternative Health Concepts**

<http://www.alternative-health-concepts.com>