



Creative Juices
Consulting

Wheat Free Pizza

(makes 4 - 6 servings)

Recipe featured in *Wheat Belly* by William Davis, MD

1 head of cauliflower, cut into small pieces
3/4 cup extra-virgin olive oil
2 large eggs
3 cups shredded mozzarella cheese (12 oz)
12 oz pizza sauce or 2 cans (6 oz each) tomato paste
1/4 cup grated Parmesan cheese

Choice of toppings: Some suggestions include - uncured meats, vegetables, fresh or dried basil or oregano and black pepper.

In large pot of boiling water or in a vegetable steamer, cook cauliflower until soft (about 20 minutes). Drain cauliflower and transfer to a large bowl or mixer. Mash until the consistency of mashed potatoes with minimal "chunks". Add 1/8 cup of the oil, eggs and 1 cup of mozzarella cheese and mix well.

Preheat oven to 350 degrees. Lightly coat a pizza pan or large rimmed baking sheet with about 1 tablespoon olive oil.

Pour cauliflower mixture onto the pan and press the "dough" into a flat, pizza like shape no more than 1/2 inch thick. Bake for 20 minutes.

If using meat, cook in a skillet until browned and cooked through.

Remove the pizza "crust" from the oven. Spread with pizza sauce or tomato paste and the remaining ingredients of your choice. Top with remaining mozzarella, drizzle olive oil and sprinkle with Parmesan cheese. Bake until mozzarella melts, approximately 15 minutes.

*This "crust" is not sturdy enough to hold in your hand, however, it will satisfy your craving for pizza. Also consider using all organic ingredients and reducing the mozzarella cheese to 6 oz for added health benefits. Enjoy!