



Cauliflower & Potato Pizza

Ingredients:

- 1 packet of IP Potato Puree
- 2 cups of fine grated cauliflower
- 1 oz of beaten egg

Directions:

Fine grate 2 cups of cauliflower, place in a microwave safe bowl and steam for 2 minutes. Mix well and steam for an additional minute. Set aside the grated cauliflower until cooled. Squeeze out as much of the liquid as you can from the cooled grated cauliflower, letting the cauliflower cool will let the liquid release. Once liquid is removed, place in a bowl and add 1 packet of potato puree, and 1 oz of a beaten egg. Mix well until combined.

On a baking sheet lined with parchment paper or a silicon mat, place cauliflower onto sheet and smooth with a spatula or back of a spoon into a nice thin round. Bake at 375 for 15 - 20 minutes. Remove from oven and add desired choice of sauce and toppings. Return to oven to broil toppings - watch close as to not burn toppings. Recipe yields 2 cups of select vegetables, 1 unrestricted packet and 1 .75 ounce of protein.