

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Cauliflower Pizza Base

### Ingredients

*2 cups of raw cauliflower, grated (in food processor or equivalent)*

*2 eggs*

*2 cups of grated mozzarella cheese*



### Method

1. Mix raw cauliflower together with eggs and mozzarella cheese.
2. Place a sheet of baking paper on a pizza tray. Prepare 2 of these.
3. Halve the mixture and place on the two trays.
4. Flatten out the mixture with the back of a wooden spoon until it reaches the edges of the tray.
5. Bake in preheated oven at 230 degrees for 15 minutes until golden brown.



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Makes 2 Bases**

For more recipes and information on living the low carbohydrate lifestyle find us at:

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