**Cauliflower Pizza Crust**

**Ingredients**

* 1 head cauliflower, stalk removed
* 1/2 cup shredded [mozzarella](http://www.foodterms.com/encyclopedia/mozzarella/index.html)
* 1/4 cup grated Parmesan
* 1/2 teaspoon dried [oregano](http://www.foodterms.com/encyclopedia/oregano/index.html)
* 1/2 teaspoon kosher salt
* 1/4 teaspoon garlic powder
* 2 eggs, lightly beaten

**Directions**

* Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
* Break the cauliflower into florets and pulse in a [food processor](http://www.foodterms.com/encyclopedia/food-processor/index.html) until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
* In a bowl, combine the cauliflower with the mozzarella, [Parmesan](http://www.foodterms.com/encyclopedia/parmesan/index.html), oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a [pizza crust](http://www.foodterms.com/encyclopedia/crust/index.html). Bake for 20 minutes.
* Add desired toppings and bake an additional 10 minutes.

**Heidi’s Easy Cauliflower Pizza Crust**

**Ingredients**

* 1 Bag (10 oz) Birds Eye Riced Cauliflower lightly sauced roasted garlic (frozen)
* 1/3 cup shredded [mozzarella](http://www.foodterms.com/encyclopedia/mozzarella/index.html)
* 1/8 cup grated Parmesan
* 1/2 teaspoon Italian seasoning
* 1 egg, lightly beaten

**Directions**

* Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
* Follow the instruction on the package of Riced Cauliflower. Let cool.
* In a bowl, combine the cauliflower with the mozzarella, [Parmesan](http://www.foodterms.com/encyclopedia/parmesan/index.html), Italian seasoning and egg. Transfer to the center of the baking sheet and spread into a circle, resembling a [pizza crust](http://www.foodterms.com/encyclopedia/crust/index.html). Bake for 15- 20 minutes, until lightly browned.
* Add desired toppings and bake an additional 10 minutes.