

Cauliflower Pizzas

★ Difficult 🔍 40 minutes 🍳 6 Pizzas

*Tips: the amount of water it's very important;
I use a normal mixer, but it can be done by hand if you don't have one.*

INGREDIENTS

- 1 Cauliflower
- 1 egg
- 1 tomato
- 2 onions
- 1 red pepper
- 20g Parmesan cheese
- 1 teaspoon of coconut oil
- Mozzarella cheese

PREPARATION

1. Preheat the oven
2. Place cauliflower pieces on a food processor using the grating blade, until the cauliflower is shredded
3. Mix the shredded cauliflower with the egg, parmesan cheese, salt and black pepper
4. Form the little pizza bases and place in a tray with baking paper and put in the oven for about 20 minutes
5. In a fry pan, fry the onions, tomato and the coconut oil until its saucy
6. Place the tomato sauce on the top of the little bases, sliced red pepper on the top, mozzarella cheese and a bit of oregano
7. Place again in the oven just to melt the cheese and serve

