

BLT Cauliflower Crust Pizza

Diabetes Friendly

Serves 4

Ingredients

10 ounces cauliflower rice or 4 cups florets

1 cup parmesan cheese grated

1/4 tsp onion powder

1/4 tsp garlic powder

1 egg large (1/4 cup liquid)

Toppings:

1 tablespoon olive oil

2 small tomatoes, diced

2 cups spinach greens,
cut thin in strips

4 strips turkey bacon,
diced

Salt and cracked black
pepper to taste

Directions

1. Preheat the oven to 400 degrees F.
2. Place cauliflower in a food processor and pulse until crumbly and rice like.
3. Heat the cauliflower rice in a dry skillet over medium high heat, stirring often to remove as much moisture as possible, about 10 minutes. Once it looks somewhat dry, add parmesan cheese and seasonings.
4. Continue to cook on medium heat until the parmesan is melted.
5. Remove from the heat and stir in the egg.
6. Use parchment on a 12-inch round pizza pan and spray with olive oil cooking spray. Spread out the "dough" and flatten as best you can. use another piece of parchment paper on top if it's too sticky for your hands to spread and make the edges slightly higher to form a crust.
7. Bake for 20 minutes. Add your favorite toppings and bake another 10 minutes. Cut into 8 large slices and serve!

Nutrition Facts	
Serving size	2 Slices
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 440mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 318mg	25%
Iron 0.7mg	4%
Potassium 250mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

