

Cauliflower Crust Mini Pizzas



by
DR. JOCKERS

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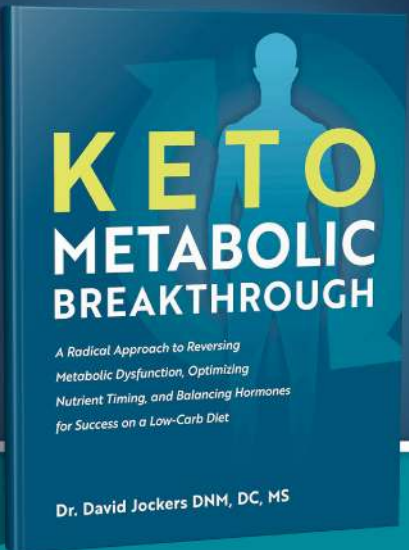
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Cauliflower Crust Mini Pizzas

This cauliflower crust mini pizzas recipe is from my wife Angel, who loves to make food, home and body care recipes that support people's journey to optimal health. Check out my wife's [website](#), [instagram](#) and [facebook page](#) where she shares stories and pics about our life.

She also has a great [YouTube channel](#) you can check out as well. If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



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Dr. David Jockers DNM, DC, MS



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Cauliflower Crust Mini Pizzas

prep: 10 mins

cook: 30 mins

total: 40 mins

author: drjockers.com

yield: 8 mini pizzas

Ingredients:

2 cups fresh cauliflower, steamed, drained and riced

2 large pasture raised egg

2 cups grass-fed **chedder cheese**

1 tsp. toasted and ground fennel

1/4 tsp of **pink salt**

1 tsp. ground oregano

2 tsp. dried parsley

2 tsp dried basil

1 tsp dried rosemary

2 cloves of garlic

Servings: 8 personal sized mini pizzas

Prep Time: 10 mins

Cook Time: 30 mins

Instructions:

Step #1: For the mini pizza crusts, steam the cauliflower and thoroughly squeeze out liquid using cheesecloth. Next rice or finely chop it (You can do this in a food processor a few pieces at a time).

Step #2: In a bowl, beat the egg then add the cauliflower and shredded cheese.

Step #3: Mix, then press down large spoonful's onto a parchment paper covered cookie sheet.

Step #4: Sprinkle with the spices and **bake** at 450 degrees for 8 to 10 minutes. Keep the oven on.

To complete the pizza, add desired pizza sauce (or a slice of fresh tomato) or pesto and then add toppings like grass-fed meat, olives, chopped mushrooms, etc. Just put back in oven til cheese is melted for completed mini pizzas!

(Nutrition information is just for the pizza crust)

***The nutrition info for this recipe is based on the linked ingredients above**

courses: dinner

cuisine: italian

Nutrition Facts

Serving Size 2 Mini Pizza Crust

Amount Per Serving

Calories 290

% Daily Value

Total Fat 21 g 32%

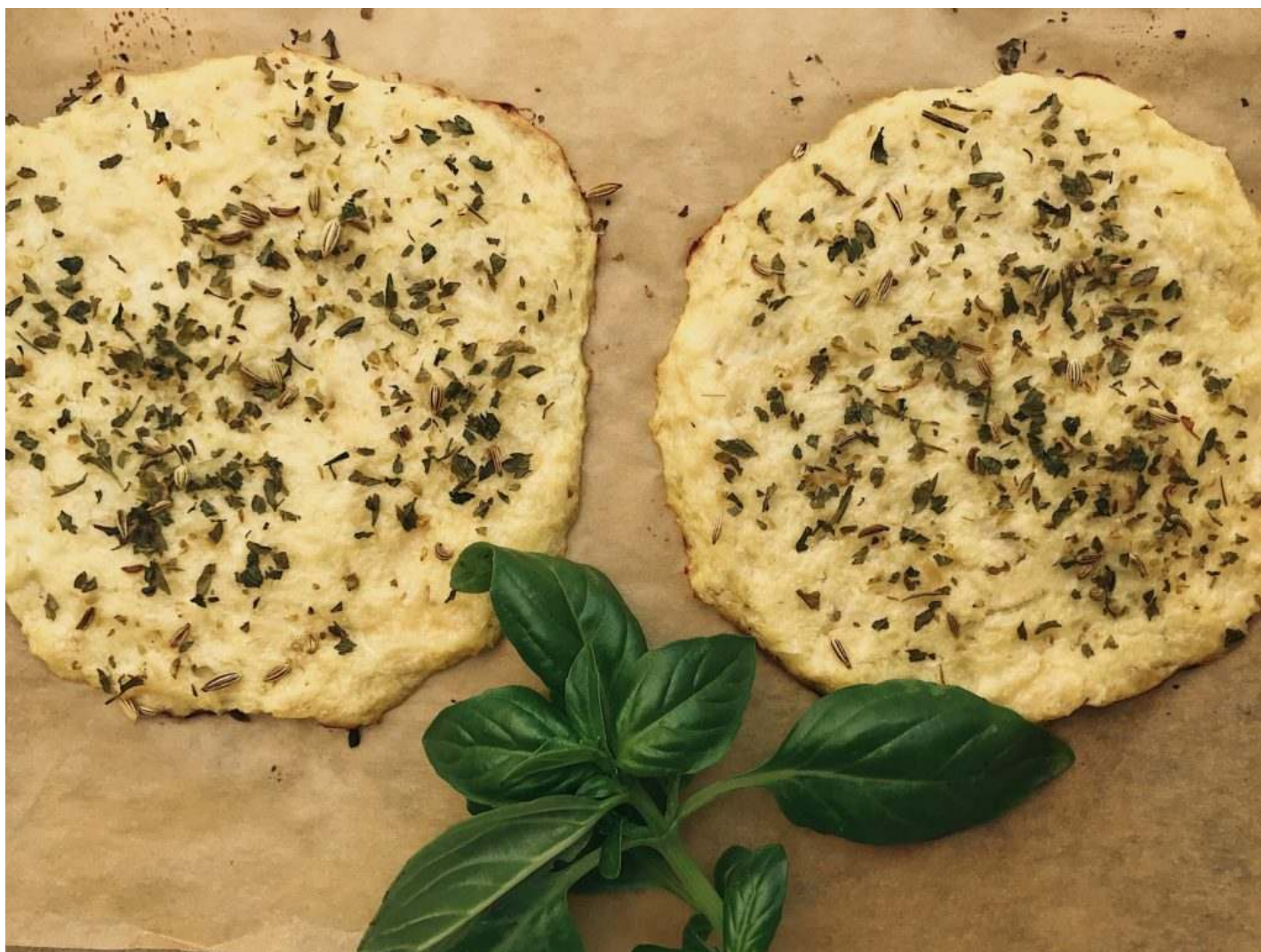
Total Carbohydrates 8 g 3%

Dietary Fiber 2 g 8%

Sugars 2 g

Protein 19 g 38%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Dr Jockers Comments:

One of the most common complaints I get from people is that they can no longer eat pizza or must restrict their pizza intake when they begin my program. I always respond by saying that they just have to get more creative and innovative. Using a cauliflower crust makes this grain-free and anti-inflammatory for the body!

This is a fantastic recipe for a true pizza flavor and texture without all the nasty **inflammatory carbs** and toxic fats. You get tons of incredible nutrients in this recipe, healthy fats and antioxidants. This is a whole super-food based meal that the family will love and enjoy for many meals to come!



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The **Inflammation Crushing Ebundle** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and Thrive in Life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

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Our Inflammation Crushing E-Bundle!



The *Inflammation Crushing Ebundle* is designed to help you **Improve Your Brain, Liver, Immune system** and Discover the Healing Strategies, Foods and Recipes to **Burn Fat, Reduce Inflammation and Thrive in Life!**

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Was this article helpful?

Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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Comments

comments

Comments

Rosa cazares

October 18, 2018 at 3:25 pm

I will try this pizza it looks yummmmy

[Reply](#)

Dr. Jockers

October 18, 2018 at 7:51 pm

Let us know how it turns out or anything you add Rosa!

[Reply](#)

Linda

August 24, 2019 at 5:14 pm

★★★★☆

Every time I try to make a cauliflower pizza crust, I burn the edges. UCK!

How do I keep from burning the edges and not have a soggy pizza?

Linda

[Reply](#)**Dr. Jockers**

August 26, 2019 at 7:25 pm

Hey Linda, Making sure you strain out as much of the liquid from the cauliflower as possible can help ensure an evenly baked crust! You could also flip the pizza crusts half way through baking to see if that helps.

[Reply](#)**Nancy**

October 26, 2019 at 11:08 am

What temperature do you bake pizza?

[Reply](#)**Dr. Jockers**

October 27, 2019 at 7:58 pm

Hey Nancy, I recommend 450F.

[Reply](#)**Nikki**

October 26, 2019 at 11:54 am

bummer we can't do dairy so no cheese here, and I doubt that the shreds alternative we use will hold up as well as traditional. Looks yummy though!

[Reply](#)

Jude

October 27, 2019 at 7:43 am

Try Miyoko's Fresh Vegan MOZZ... really a great alternative cheese and use almond milk....

[Reply](#)

Dr. Jockers

October 27, 2019 at 8:08 pm

Thanks for the suggestion Jude!

[Reply](#)

Dr. Jockers

October 27, 2019 at 8:01 pm

Hey Nikki, You could experiment with using arrowroot starch to help bind and nutritional yeast for added flavor.

[Reply](#)

Laureen

October 26, 2019 at 11:02 pm

I would love to try this recipe. What is the weight of the cauliflower initially? I buy raw cauliflower that is already riced from Trader Joe's. Thanks!

[Reply](#)

Dr. Jockers

October 27, 2019 at 8:10 pm

Hey Laureen, I'm not sure of the weight but it is fresh and riced when measured into 2 cups. You could measure out 2 cups from the pre-riced cauliflower as well.

[Reply](#)

Madeline

October 28, 2019 at 1:40 pm

Hi: in beginning of this post, you said to be sure to check all the way down for the pesto and margarita recipes for this pizza as shown. However, there is nothing after the recipe or in the recipe for the two versions you show. Can I/we get the recipes for these as well? thank you. 😊

[Reply](#)

Sandy

February 22, 2022 at 12:34 pm



I make this pizza once or twice a week. I do not steam it though, I use it raw (ground in a food processor) with an egg or two and ricotta cheese or goat cheese. It is so much easier and wonderful!! I love it. My kids can't have regular cheese but they can eat goat cheese.

[Reply](#)

Dr. Jockers

March 1, 2022 at 11:20 am

Thanks for sharing Sandy!

[Reply](#)**Willa Hutchings**

July 23, 2022 at 7:34 pm

I agree. It is not necessary to pre-steam the cauliflower. It cooks well enough in the oven.

[Reply](#)**Donna**

July 24, 2022 at 8:45 am



I make this often, I have made two versions one using fresh grated cauliflower, one using organic frozen cauliflower rice, I 'dry fry' (no oils) in a skillet, not cooking it but on med heat, stir and get the moisture out, (about 4-5 minutes, stir, stir, stir) let it cool and continue, we could not tell the difference between the two, and the frozen cauliflower is a time saver....the best pizza crust ever, you can even make small bread rounds with this/taco shell because it's flexible and doesn't crack....(I always use parm cheese for this)

[Reply](#)**Dr. Jockers**

July 29, 2022 at 11:25 am

Thanks for sharing!

[Reply](#)**Loree**

October 8, 2022 at 9:30 am

I will be trying this recipe, love a good cauliflower crust! Question, has anyone tried freezing them for future use? Thank you

[Reply](#)

Nicki

October 8, 2022 at 2:03 pm

Would gelatin work for egg free?

[Reply](#)

Dr. Jockers

October 11, 2022 at 12:48 pm

You can try that out and see!

[Reply](#)

Larry

February 4, 2023 at 8:33 am

Try a flax seed or chia seed egg or two. See net for recipes.

[Reply](#)

Larry

February 4, 2023 at 8:40 am

Hello fellow traveler... (spy) how are you? I'll pray for you. I'd love to spy one others, too. People are so interesting!! Really! Well, as you know we're living in the last days. See 2 Timothy 3:1-5 in the Bible. Things are going to get much

worse. Psalms 23 promises that Jehovah will be our shepherd if we rely on him. See <http://www.JW.org...> 😊

[Reply](#)

Stephan

October 8, 2022 at 4:09 pm

Just wondering if you have a Detox list for helping those that have been effected by the cova shedding. I have had a rash on my face and various parts of my body since people started getting the “Jab”. Even on my scalp and in my ears... Unfortunately, being a barber I am touching peoples hair and faces and wearing gloves is impossible when shaving a customers face. You have to be able to feel the bone structure and muscles of the face to shave correctly.

thank you for any information you might be able to proved.

[Reply](#)

Dr. Jockers

October 15, 2022 at 7:34 am

Yes Stephen, here are our top immune support strategies:

<https://drjockers.com/immune-support-strategies/>

[Reply](#)

julie

February 4, 2023 at 10:40 pm



yes, you can bake cauliflower pizza crusts and freeze for later. As long as you bake again it is fine.

[Reply](#)**Judine**

February 17, 2023 at 8:04 pm



I made the pizzas and I think I will only make these in the future. Very easy and soooooo tasty. Thank you for sending all of the valuable information. I appreciate you.

[Reply](#)

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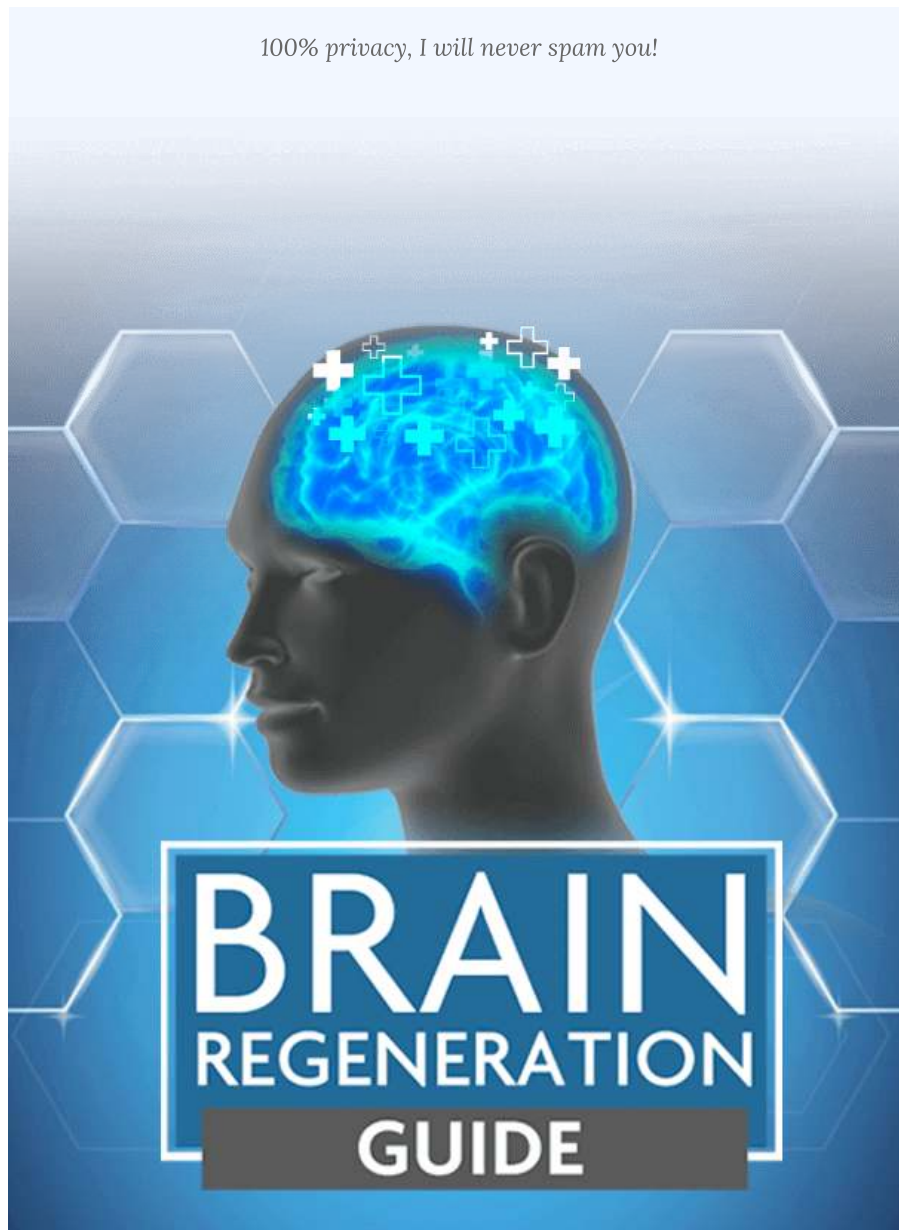
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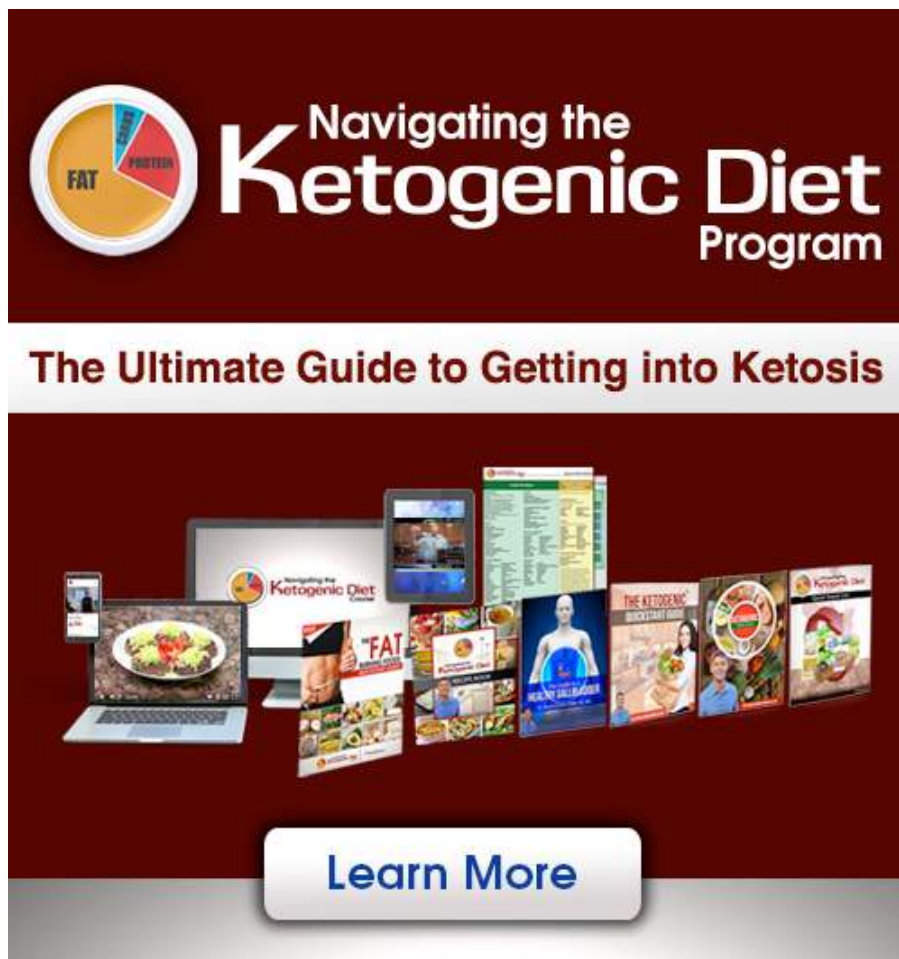


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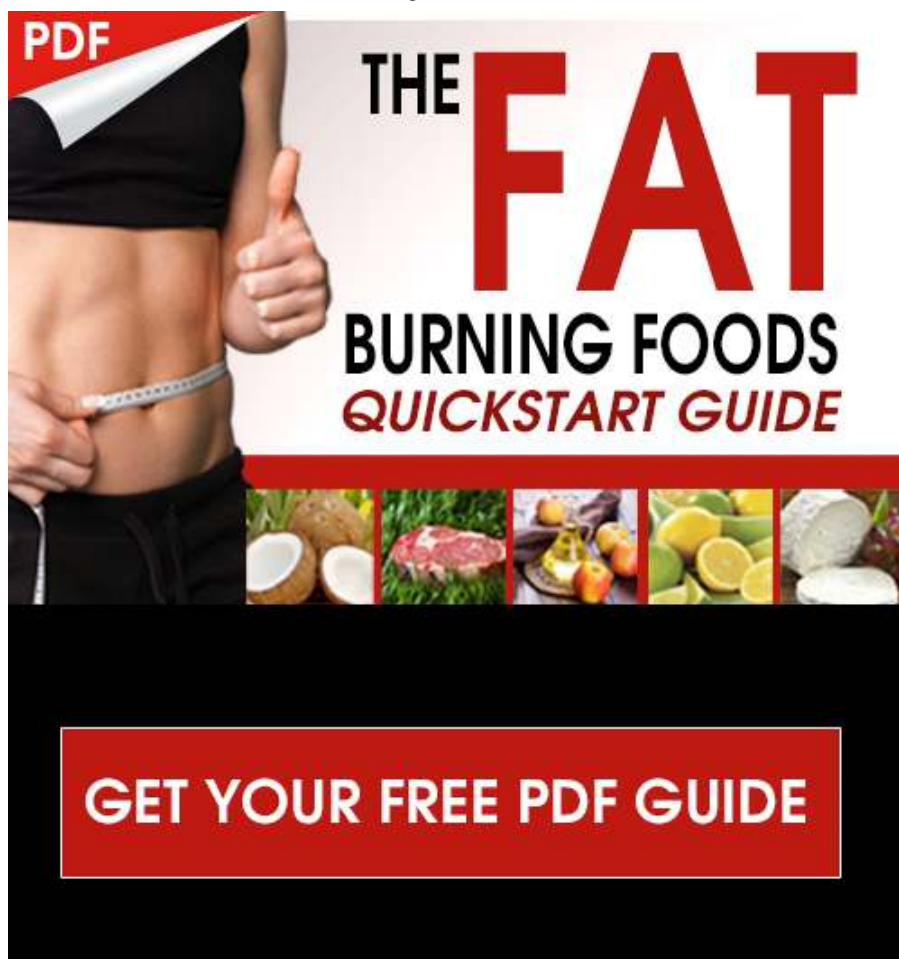
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