

CAULIFLOWER PIZZA

By Kelly Little for CNM
(College of Naturopathic Medicine)

GF NF

Makes: 2 x 30cm Pizzas

For the tomato sauce (can be made in advance):

- 350g (1 ½ cups) cherry tomatoes
- 1 onion (peeled and sliced)
- 1 tbsp olive oil
- 2 tsp Italian seasoning (basil, thyme, oregano)
- 1 pinch pink Himalayan salt & black pepper

For the pizza:

- 1 small cauliflower (broken into florets)
- 150g (½ cup) brown rice flour
- 2 chia eggs (2 tbsp chia seeds blended and mixed with 2-3 tbsp water)
- 1 tbsp tamari
- 3 tbsp lemon juice
- ½ tsp Italian seasoning
- ½ tsp pink Himalayan salt
- ½ tsp nutritional yeast

For the avocado and basil sauce:

- ½ ripe avocado
- 4 tbsp olive oil
- 3 tbsp lemon juice
- 1 large handful fresh basil leaves
- Pink Himalayan salt and black pepper (to taste)

Optional toppings:

- Mushrooms
- Red onions

- Cherry tomatoes
- Artichokes
- Olives
- Sweetcorn
- Sliced peppers
- Rocket

For the tomato sauce:

- 1 Preheat the oven to 140°C (Gas Mark 1, 275°F).
- 2 Wash the cherry tomatoes and place in a baking dish with the sliced onion.
- 3 Drizzle with olive oil and add the Italian seasoning and salt and pepper.
- 4 Bake for 90 minutes and leave to cool.

For the pizza:

- 5 Increase the oven temperature to 200°C (Gas Mark 6, 400°F).
- 6 Start by making the chia 'egg' and set aside.
- 7 Oil and flour the pizza dish generously.
- 8 Place the cauliflower florets into a food processor and blend until a flour like substance forms.
- 9 Place into a nut milk bag and squeeze out the excess liquid. It is really important that you squeeze out as much liquid as you can at this stage otherwise you will end up with a soggy base.

- 10 Once all the liquid has been removed, place the cauliflower into a bowl and add the rest of the ingredients.

11 Mix thoroughly with your hands until a sticky dough has formed. It should resemble wet sand but should stick together once gathered into a ball.

12 Press the doughy mixture with your fingers until it fills the pizza dish evenly.

13 Bake for 20-30 minutes. The base will shrink a little during cooking and should be nice and dry in the middle. If it is still a little soggy, cover the edges of the base with foil and return to the oven for a further 10-15 minutes.

14 Once the base is firm, remove from the oven and cover with tomato sauce and preferred toppings.

15 Bake for a further 5-10 minutes.

For the avocado & basil sauce:

16 While the pizza is cooking, scoop the avocado flesh into a small blender.

17 Add the rest of the sauce ingredients and blend until smooth and creamy.

18 Season the sauce with salt and pepper to taste. A little water can be added for a runnier consistency.

19 Remove the pizza from the oven, top with a handful of rocket and drizzle with the avocado and basil sauce.

20 Serve immediately.

Per 100g

Calories 118, Fat 6.4g, Saturates 1.1g, Carbohydrates 11g, Sugars 2.7g, Protein 3.0g, Salt 0.19g



• Kelly Little graduated as a CNM Natural Chef from the College of Naturopathic Medicine.
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