

Category: Dishes

Keto Mushroom and Cheese Pizza

Chef Keto Keith

This a great substitute for a nice slice of pizza This recipe works well and will satisfy any pizza connoisseur.

Ingredients

1 head cauliflower
2 cups Parmigiano Reggiano cheese grated
1 table spoon dried garlic
1/2 teaspoon oregano
1 teaspoon Italian parsley chopped and separated into halves
1/2 cup flax seed meal (ground flax seed)
2 tablespoon agar agar powder
2 tablespoon tomato sauce
3 eggs whites only
1 cup mozzarella cheese grated
1 cup sliced button mushrooms
Black pepper to season



Directions

1. Prep cauliflower-separate into florets and place in medium stock pot with water covering florets.
 2. Bring pot to boil with florets for 15 minutes and drain into a colander.
 3. Transfer florets to a large towel and ring out all the liquid from cauliflower.
 4. Transfer from towel to baking pan and place in a 400 degree oven for 10 minutes to completely dry out all the excess liquid from cauliflower. Cool and Transfer to a mixing bowl.
 5. In mixing bowl with room temperature cauliflower add Parmigiano, dried garlic, oregano, half parsley and 2 pinches of black pepper and mix well. At this point the cauliflower should be mushy , if not use a fork and crush any lumps and mix well .
 6. Add all 3 eggs whites, agar agar and 1/2 cup flax seed meal and combine mixture.
 7. On a flat baking sheet or pizza stone with Parchment paper, scoop out mixture on to baking sheet and form in the desired shape.
 8. Bake in a 350 degree oven until crust is firm approximately 20 minutes.
 9. In a small sauté pan cook sliced mushroom with butter and pepper. Set aside
 10. Take pizza crust and add tomato sauce, mozzarella cheese, and place in oven to melt .
 11. Remove from oven and add cooked mushroom.
 12. Place on a cutting board and enjoy.
- The cheese can be very salty so recipe as no salt added.

Number Of Servings: 2

Preparation Time: 30 minutes