

CAULI CRUST PIZZA

with Ricotta & Broccoli

NUTRITION

Per Serving



SERVINGS
(2-8" PIZZAS)

Calories:	886
Total Fat:	70g
Total Carbohydrates:	36g
Protein:	47g



This **Cauli Crust Pizza** is a delicious, diabetes-friendly alternative to traditional pizza. Made with low-carb almond flour and fibre-rich cauliflower, the crust helps support steady blood sugar levels while keeping carbs in check. Ricotta and part-skim mozzarella offer satisfying protein and calcium without excess saturated fat. Broccoli adds fibre, antioxidants, and essential nutrients, while olive oil and garlic bring heart-healthy benefits. With no added sugar and a wholesome, veggie-packed base, this pizza is a flavourful and nourishing option for those managing diabetes.

INGREDIENTS

- 2 cups** ground raw cauliflower florets (*about 1 small head*)
- ¾ cup** almond flour
- 3** large eggs
- ½ tsp** onion powder
- ½ tsp** garlic powder
- 2-3 tbsp** nutritional yeast
- 1 tsp** salt & pepper
- 2 cups** broccoli florets (*cut into bite-size pieces*)
- 2 tbsp** olive oil
- ¼ tsp** red pepper flakes
- 1 cup** ricotta cheese
- 2 cloves** garlic (*minced*)
- 1 cup** freshly shredded low moisture, part skim mozzarella cheese
- 2 tsp** lemon zest

INSTRUCTIONS

- 1 Preheat oven to 450 F.
- 2 Chop the cauliflower and pulse the florets in a food processor until a "riced" fluffy consistency. Careful to not puree or grind it until it's mushy. It should not stick together at this point.
- 3 In a large bowl, whisk the 3 eggs and mix with the pulsed cauliflower, almond flour, onion powder, garlic powder, nutritional yeast and a few pinches of salt & pepper.
- 4 Form the dough into two balls. It should be pretty wet, but if it's too sticky to handle, add a small amount of almond flour. Gently knead the dough a few times, add a small amount of almond flour as needed to help it come together. Note, this will NOT resemble regular pizza dough – it won't be as easy or pliable to work with.
- 5 Line 2 baking sheets with parchment paper.
- 6 Press "dough" balls down onto the baking sheets lined with parchment paper. Gently mold into a ¼ inch thick circle, dusting a bit with more almond flour as needed to form.
- 7 Bake crusts for 15 minutes, or until starting to brown. While crusts are baking, place broccoli in a large sauté pan and cover with water. Bring to a boil over high heat, cover with a lid and cook for 2-3 minutes, or until bright green and crisp tender. Drain and toss broccoli with 1 tablespoon of olive oil and red pepper flakes. Season with salt and pepper.
- 8 In a small bowl, mix together the ricotta cheese, minced garlic, salt and pepper.
- 9 When the pizza dough is partially baked, remove from oven and brush both with the remaining 1 tbsp of olive oil. Sprinkle each dough with 1/3 cup of the mozzarella cheese. Place the steamed broccoli florets on top of the pizza, followed by dollops of the ricotta cheese and garlic mixture. Sprinkle the remaining mozzarella cheese and lemon zest on the pizza.
- 10 Place the pizzas back in the oven and continue to bake for an additional 15-20 minutes, or until the cheese bubbles and the crust is slightly browned.