

# Cleo Coyle's Cauliflower Pizza Crust

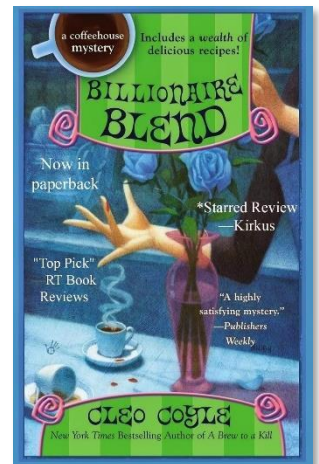
**#LowCarb #Keto  
#GlutenFree**

Photos and text © by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) in collaboration with her husband, Marc Cerasini.



How do you make junk-food junkies, low-carb dieters, and gluten-free eaters happy? Our amateur sleuth, 40-something single-mom Clare Cosi, faces that very dilemma when she is hired to cater a party for a group of quirky computer geniuses at the company of a billionaire whose life she saves in [BILLIONAIRE BLEND](#), our 13<sup>th</sup> Coffeehouse Mystery. Clare uses several clever recipes as a solution, and this **Cauliflower Pizza Crust** is one of them. Versions of this recipe have been around for years (dating back to the early days of the Atkins diet), but they are not all equal. My own take on this recipe includes some helpful tips, along with a key step in creating the very best Cauliflower Crust. May you eat it with joy!

~ Cleo Coyle, author of [The Coffeehouse Mysteries](#)



## Cleo Coyle's Cauliflower Pizza Crust

**Makes one 10- to 12-inch pizza**  
(depending on size of cauliflower)

### Crust ingredients:

- 1 medium head of fresh cauliflower** (*do not use frozen*)
- ½ cup shredded mozzarella cheese**
- 1 large egg**
- ½ teaspoon Kosher salt**
- ½ teaspoon Italian spice mix blend**

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**Step 1 – Prep oven and pan:** First preheat your oven to 450°F. Use parchment paper to line a baking sheet or a pizza pan with holes and lightly coat the paper with nonstick spray. (I use Olive Oil spray.)

**Step 2 – Rice the cauliflower:** Break up the head of cauliflower into florets. Buzz them in a food processor only until they resemble grains of rice. Do not puree!

**Step 3 – Cook in the microwave:** Pour riced cauliflower into a microwave-safe dish and cook on high for 7 to 8 minutes.



**Step 4 – Squeeze out extra moisture:** This is a key step. If you do not squeeze the excess moisture out of your "cauliflower rice," the crust will be soggy and the recipe will not work the way you see it in my photos. You can use a tea towel or cheesecloth or a nut bag (used to make nut milk). Put the cauliflower in and squeeze until you've drained off a good deal of liquid. You don't have to worry about getting every drop, but do the best you can.

**Note for troubleshooting:**

You will start with 3 to 4 cups of riced cauliflower from your food processor. After cooking and squeezing out the extra moisture, you should have somewhere between 1 and 1-1/2 cups remaining. My photo (*at the right*) shows you how the dried cauliflower rice looks, almost like a ground grain.



**Step 5 – Create the dough:** Pour the cooked and "squeeze-dried" cauliflower rice into a bowl and mix with the lightly beaten large egg, 1/2 cup shredded mozzarella cheese, 1/2 teaspoon Kosher salt, and 1/2 teaspoon Italian spice blend.



**Step 6 – Form crust:** Drop the dough onto your prepared parchment paper and use clean fingers to shape into a thin disc about 10- to 12-inches in diameter. (Yours might be a little larger or smaller, depending on the size of your cauliflower head and amount of cauliflower rice it yielded.)





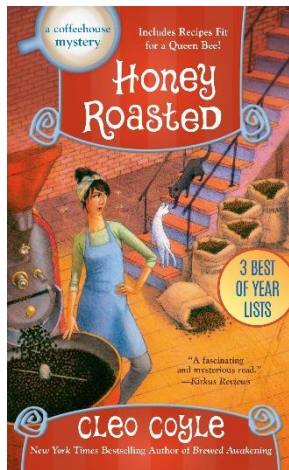
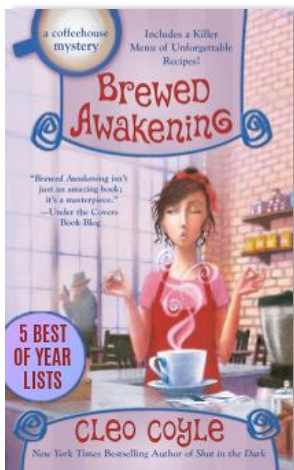
**Step 7 – Bake for 8 to 16 minutes** in your well-preheated 450 degree F. oven. You are watching for the crust to become completely dry and golden brown. Depending on your oven, the type of pan you are using, and the size of your pizza crust, the cooking time will change. Check it at 8 minutes and if the crust is not completely dry and golden brown, continue cooking it for up to 16 minutes. (Whenever I use my pizza pan with holes, for example, more heat comes through the pan and the crust cooks much faster, so check your crust often to prevent burning.)



**Step 8 – Top your crust and finish baking:** Allow crust to cool for 5 to 10 minutes. Then top with your favorite pizza sauce and cheeses. Finish in the oven with another 8 to 10 minutes of baking. (Again, your particular oven and pan may require more or less time to melt the cheese, simply make a note of it for next time.)



**Step 9 – Reheating:** This pizza reheats like a dream. Store it in the fridge and when you want to reheat, place slices in the microwave for 10 to 15 seconds.



*Eat with joy! ~ Cleo*

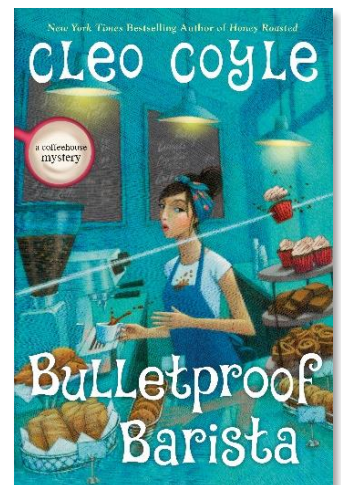
The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at

[www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com)

And her recipe blog at

[www.CleoCoyleRecipes.com](http://www.CleoCoyleRecipes.com)



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