

# Cauliflower pizza base!



POWERED BY  
COMPANY SHOP GROUP

## You will need:

- 4 cups riced cauliflower
- 4 eggs, beaten
- 4 cups grated cheese
- 4 tsp dried oregano
- 4 garlic gloves, crushed
- 1 pinch salt
- 2 pizza trays
- Your favourite pizza toppings

## What to do:

### Step 1

Preheat the oven to 220C conventional / 200C fan / gas mark 6. Cover two pizza trays with baking paper and set aside.

### Step 2

In a big bowl, mix the riced cauliflower, egg and cheese until combined. Add the oregano, garlic and salt and mix until combined.

### Step 3

Place half of the mixture on each tray and pat into a round shape that is approximately 1cm thick.

### Step 4

Bake for around 15-20 minutes until the base is golden. Add your favourite toppings and return to the oven until the cheese is melted.

TAKES  
**40**  
MINUTES



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