

Cauliflower Pizza

Easy keto cauliflower pizza recipe with crispy crust. Low-carb, gluten-free alternative that's perfect for healthy pizza lovers. Ready in 1 hour!

30	30	60	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Cauliflower Pizza

Ingredients

- 1 cauliflower
- 2 egg
- 1 cup mozzarella cheese
- 1 cup parmesan cheese
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp rock salt
- 1 tsp black pepper
- 1 cup basil
- 1 cup tomato

Instructions

- 1 Prepare the cauliflower base**

Preheat oven to 220°C (425°F). Remove leaves and stem from 1 large head of cauliflower, then cut into florets. Pulse in a food processor until it resembles rice-sized pieces, about 10-15 pulses.
- 2 Steam the cauliflower rice**

Steam the cauliflower rice in a steamer basket over boiling water for 5-8 minutes until tender when pierced with a fork. Transfer immediately to a clean kitchen towel and let cool for 2-3 minutes.
- 3 Wrap the steamed cauliflower**

Wrap the steamed cauliflower tightly in the kitchen towel and squeeze firmly to remove as much moisture as possible. This step is essential for a crispy crust that holds together.
- 4 Make the crust mixture**

In a large bowl, combine the drained cauliflower with 2 beaten eggs, 1 cup shredded mozzarella cheese, 1 tsp salt, 1 tsp garlic powder, 1 tsp Italian herbs, and 1 tsp oregano. Mix thoroughly until the mixture holds together when squeezed.
- 5 Shape the crust**

Line a baking sheet with parchment paper. Press the cauliflower mixture into a 12-inch circle, about 6mm (¼ inch) thick. Make the edges slightly thicker than the center to prevent cracking during baking.
- 6 Pre-bake the crust**

Bake for 12-15 minutes until the crust is golden brown and feels firm when lightly touched in the center. The edges should be lightly crispy and pulling away slightly from the parchment.

7 Add toppings

Remove from oven and spread 1 cup pizza sauce evenly over the crust, leaving a 1cm (½ inch) border. Sprinkle 1 cup shredded mozzarella cheese over the sauce, then add any additional toppings.

8 Final bake

Return to oven for 10-12 minutes until the cheese is fully melted and bubbly, and the crust edges are deep golden brown and crispy.

9 Let cool for 2-3 minutes to allow the crust to set and prevent toppings from sliding off. Slice with a sharp knife or pizza cutter and serve immediately while hot.

Tips

Squeeze out as much moisture as possible from the cooked cauliflower using a clean kitchen towel or cheesecloth—this is the most critical step for achieving a crispy crust.

Pre-bake the crust for 12-15 minutes before adding toppings to ensure it holds together and develops a golden-brown color.

Use a pizza stone or parchment paper for easier transfer and better heat distribution, resulting in a more evenly cooked crust.

Keep toppings moderate—this crust isn't as sturdy as traditional dough, so overloading will make it soggy and difficult to handle.

Let the finished pizza cool for 2-3 minutes before slicing to allow the crust to set properly and prevent it from falling apart.

Add extra flavor to the crust by mixing in dried herbs, garlic powder, or Italian seasoning directly into the cauliflower mixture.

For extra crispiness, brush the pre-baked crust lightly with olive oil before adding sauce and toppings.

Use a sharp pizza cutter or kitchen shears instead of a regular knife for cleaner cuts that won't drag the toppings.