

Easy Homemade Cauliflower Pizza That's Gluten-Free, Flavorful, and Fully Customizable

How I Make Crispy, Cheesy Cauliflower Pizza Crust That Doesn't Taste Like a Compromise



OVEN
425°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 medium head cauliflower (about 4 cups riced)
1/4 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon salt
1 egg, lightly beaten
1/3 cup pizza sauce or marinara
1/2 cup shredded mozzarella
Pepperoni, mushrooms, peppers, olives, or any other favorite toppings

DIRECTIONS

- 1.** Rice the : CauliflowerI start by cutting the cauliflower into florets and pulsing them in a food processor until they're the texture of rice. You can also buy pre-riced cauliflower to save time.
- 2.** Steam and : DrainI microwave the riced cauliflower in a bowl for about 5-6 minutes until soft. Then comes the most important step: squeezing out the moisture. I let it cool slightly, then place it in a clean kitchen towel or cheesecloth and wring out as much liquid as possible. (You want it as dry as you can get it-this is key to a crispy crust.)
- 3.** Make the : DoughIn a large bowl, I mix the cooked cauliflower with Parmesan, mozzarella, garlic powder, oregano, salt, and the beaten egg. It forms a soft but moldable "dough."
- 4.** Shape and : Bake the CrustI line a baking sheet or pizza stone with parchment paper and press the mixture into a circle, about 1/4-inch thick. Then I bake it at 425°F for 20-25 minutes, until golden brown and firm.
- 5.** Add : Toppings and Finish BakingOnce the crust is baked, I remove it from the oven and add pizza sauce, cheese, and any toppings I'm using. Then it goes back in the oven for another 8-10 minutes, until the cheese is melted and bubbly.
- 6.** Cool and : SliceI let it rest for a few minutes so it holds together better when sliced. Then I dig in-no knife and fork needed.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-homemade-cauliflower-pizza-thats-gluten-free-flavorful-and-fully-customizable/>