

Pizza Crust

Ingredients:

2 cups cauliflower, steamed
1 cups potatoes, diced and steamed
1 cups cassava flour
2 Tbsp arrowroot
1 tsp salt
2 tsp garlic granules
1 tsp oregano
1 tsp basil
1 tsp paprika
1 tsp parsley flakes

Directions:

Mash the potatoes and cauliflower then mix in all other ingredients. Add in 2-5 Tbsp of water as you mix the dough. Make a ball, then flatten out and bake at 420 degrees for 20-30 minutes.

Top with desired ingredients (sauce, spinach, red pepper slices, mushrooms, onions, garlic - etc)

Bake again for 5-7 minutes