

# Vegan Cauliflower Crust Pizza

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

Find this recipe and more like it in [\*Your Body in Balance\*](#) by Neal Barnard, MD!

## About the Recipe

**313 Calories • 15 g Protein • 13 g Fiber**  
**Dinner**

## Ingredients

***Makes 2-4 Servings***

- 2 tbsp (30 mL) ground flaxseed or chia seeds
- 4 c (428 g) cauliflower rice
- 1/4 c (30 g) whole-grain flour
- 2 tbsp (30 mL) nutritional yeast
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1.2 mL) onion powder (optional)
- 1 1/2 tsp (7.5 mL) Italian seasoning (optional)
- 1 tbsp (15 mL) tahini
- 1/2 c (120 mL) tomato or marinara sauce
- 6 button mushrooms, sliced
- 12 sun-dried tomatoes, chopped
- 6 olives, sliced
- 1/2 c (83 g) pineapple, chopped
- 1 c (30 g) spinach
- 1/2 bunch fresh basil (optional)

## Directions

1. In a small bowl, mix together the ground flax with 3 tbsp (45 mL) of water. Refrigerate.
2. Microwave cauliflower rice for 8 minutes or cook on the stove for 5 minutes. Once cool, place cooked cauliflower in a clean kitchen towel or cheesecloth and squeeze out all excess liquid. (Squeeze really hard! It needs to be very dry). Transfer to a mixing bowl, add in refrigerated ground flax and stir in remaining ingredients. Add 1-3 tbsp (15-45 mL) of water (as needed) to mix the dough. The drier the dough, the crispier the crust will be.
3. Preheat oven to 400 F (204 C). Turn a baking sheet facedown and line with parchment paper. Place dough ball in the center and cover with more parchment. Flatten and smooth into a 9-inch (23-cm) crust (about 1/4-inch or 0.6-cm thick). Remove top piece of parchment (reserve) and bake 18-25 minutes, or until edges are slightly brown and crispy. Remove crust from oven and place parchment back on top. Put a baking sheet on top and turn over so the crust is on the new baking sheet. Remove top parchment (the old bottom piece) and discard.
4. Spread a thin layer of tomato sauce on crust (you may not need the entire 1/2 c or 120 mL). Add toppings except spinach and basil, if using, and bake 5-10 minutes more, or until toppings are warm.
5. Add spinach and 4 or more basil leaves, if using, before serving (or bake and cook 1 minute more). Sprinkle pizza with additional nutritional yeast, if desired.
6. Note: You will need 16 oz of cauliflower rice which should be equivalent to 4 c.

## Nutrition Facts

*Per serving (1/2 of recipe):*

**Calories:** 310 kcal

**Fat:** 11 g

**Saturated Fat:** 1.5 g

**Calories From Fat:** 30%

**Cholesterol:** 0 mg

**Protein:** 17 g

**Carbohydrates:** 30 g

**Sugar:** 16 g

**Fiber:** 16 g

**Sodium:** 447 mg

**Calcium:** 152 mg

**Iron:** 6 mg

**Vitamin C:** 128 mg

**Beta-Carotene:** **1061 mcg**

**Vitamin E:** 1.7 mg