

Cauliflower Pizza Crust and BBQ Chicken

Ingredients Crust

- 1/2 head of one large cauliflower
- 1/2 cup of plain Greek yogurt
- 1 egg
- 2-3 tsp garlic powder
- 1 Tbsp basil seasoning
- Sea salt and pepper to taste

Ingredients Toppings

- 1 cup chicken, shredded and cooked
- 1/2 cup BBQ sauce
- 3/4 cup mozzarella or Oaxaca (white cheese)
- 1/4 cup red onion, thinly sliced
- 2 Tbsp cilantro torn



Directions

1. Preheat oven to 400 degrees.
2. Break off your cauliflower in pieces and place in the blender/food processor. Pulse until you have what appears to be cauliflower rice. If it turns creamy, you have gone too far.
3. Transfer cauliflower to a bowl and stir in yogurt, egg and the rest of the ingredients. Mix thoroughly.
4. Spread the cauliflower mixture on a greased baking sheet, about 1/2 to 3/4 inch thick. Place in oven and bake for 30-45 minutes, until it is nice and firm. Pizza stone works best.
5. Mix the chicken and BBQ sauce, top the pizza with the chicken, cheese and red onion
6. Sprinkle cilantro over top.
7. Bake until cheese is bubbly.