



Cauliflower Crust Pizza

Nonstick spray
½ large head cauliflower,
1 large egg, lightly beaten
2 cups shredded part-skim mozzarella cheese
2 tablespoons grated parmesan cheese
Kosher salt and freshly ground black pepper
1/2 cup pizza sauce
1/2 clove garlic, sliced
2 oz lean ham, thin sliced and chopped
Fresh basil leaves, chopped

Line rimmed baking sheet with parchment paper. Preheat oven to 425 degrees F. Cut the cauliflower into smaller pieces and place in blender and chop until rice size. This should produce about 2 cups. Place cauliflower rice in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool.

Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round or square on the prepared pan. Spray lightly with nonstick spray. Bake for 10-15 minutes until well-done and golden brown.

Top the pizza with the sauce, 1 cup mozzarella, garlic, and ham. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving. Makes 4 servings.

Nutrition information per serving: 220 calories, 21 grams protein, 11 grams fat, 8 grams carbohydrate, 638 mg sodium.

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