PIZZA WITH CAULIFLOWER BASE

- 63g Cauliflower – boiled in unsalted water
- 31g Grated mozzarella – MORRISONS
- 10g Ground almonds - MORRISONS
- 14g Cheddar cheese – CATHEDRAL CITY MATURE
- 25g Eggs
- 32g Chopped tomatoes – NAPOLINA
- 12g Peperami
- 48g Mushrooms
- 11g Olives – in brine

You will also need some dried herbs and a little GIA garlic paste.

Pre heat oven to 190c / fan 170c / gas 5.

The cauliflower needs to be really well drained so leave it on some kitchen paper until it is cold. Mash the cauliflower until really fine then mash in 28g of mozzarella, or blitz in a mini food mixer.

Add the ground almonds and 3g of the grated cheddar cheese, season.

Mix with the beaten egg, spread on a non stick tray making a neat 5” round.

Bake for approximately 15 minutes until starting to brown.

Chop the mushrooms and fry in the oil, chop the tomato mix with a little garlic paste, spread the tomato over the base, add the sliced peperami and mushrooms.

Top with the remaining 12g of cheddar cheese, 3g mozzarella, herbs and olives.

Put back in the oven and cook for a further 12 – 15 minutes.

**Mo’s tip:** You don’t have to divide the cheeses, but I found that swopping 3g of each gave more flavour to the base and a nicer finish to the topping. This recipe is good for using left over cauliflower; you could use raw cauliflower but will only need 50g.

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your dietitian and he / she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION**