



Low Carb BBQ Chicken Pizza (Cauliflower Base)

Serves 3

1 large head of cauliflower (approx. 1.8 lbs. / 840g)
¾ cup (90g) almond flour
2 garlic cloves, minced
1.5 tbsp. herbs de Provence
1 egg
2 egg whites
¼ cup (55g) BBQ sauce
2 ⅜ cups (300g) cooked chicken, shredded
1 small red onion, sliced
¾ cup (75g) mozzarella or dairy free alternative cheese

What you need to do

1. Heat the oven to 350°F (180°C).
2. Chop the cauliflower into smaller bits and add into a high-speed blender or food processor. Pulse until you have cauliflower rice.
3. Alternatively many shops now sell cauliflower rice. Squeeze any excess water from the cauliflower rice into a paper towel.
4. Place the cauliflower rice, almond flour, garlic, herbs and eggs in a large bowl, season with salt and pepper. Mix everything until a smooth but moist batter forms.
5. Place the batter on a baking tray lined with baking paper and flatten it out, leaving the edges a bit thicker. Bake the crust in the oven for 25-30 minutes until the edges start to turn golden brown.
6. Next, top the crust with the BBQ sauce, chicken, onions and finally cheese. Return to the oven for another 10-15 minutes, until the cheese has melted and started browning up.

GF DF HP N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	45 mins	370	13	23	43

*Nutrition per serving