

## Hearty Veggie Pizza with Cauliflower Crust



### Ingredients:

3 tablespoons sunflower seeds

½ cup hot water

flax eggs

1 ½ tablespoon flaxseed meal

4 tablespoons water

6 cups cauliflower rice

2 lb. cauliflower head

2 tablespoons vegetable broth plus more

1 teaspoon dried oregano

1 teaspoon dried basil

1 teaspoon chives

1 teaspoon parsley

3 cloves garlic, minced

1 tablespoon hemp seeds

1 ½ tablespoon arrowroot

## **Toppings**

1 small onion

1 small zucchini

1 bell pepper

1 container of sliced mushrooms

15 black olives

15 green olives

1 can of black beans

## **Directions:**

Soak sunflower seeds in hot water for 15 minutes. Drain well. Smash with a fork or a mortar and pestle.

Mix flax and water in a small dish and let sit to thicken 5 minutes.

Grate cauliflower (or use food processor with the grating attachment). Squeeze out moisture with a paper towel. Add 1 tablespoon vegetable broth to skillet and sauté (if needed add up to 2 tablespoons, but you don't want it too wet). Cook covered 5-8 min or until tender over medium heat, stirring occasionally.

Drain with a strainer and squeeze out excess water.

Sauté onion, zucchini, pepper, mushrooms, and zucchini until tender, using small amounts of vegetable broth at a time, adding as the skillet gets dry.

Preheat oven to 375° F.

Mix together cauliflower, flax eggs, sunflower seeds, spices, garlic, hemp seeds, and arrowroot. It will form a loose dough. Use parchment paper on a baking sheet, and sprinkle with rice flour.

Spread crust to less than ½ inch thickness, making it thicker on the edges. Bake 45 minutes. Remove from oven, loosen crust from parchment, add another piece of parchment on top, and flip crust over. Bake 10 minutes, or until center feels firm.

Spread pizza sauce thinly, add toppings, and bake 10 more minutes, or until edges are golden.

Best eaten with a fork.

## **Pizza Sauce**

### **Ingredients:**

4 cups diced roma (blanch and peel before dicing)

¼ cup vegetable broth

7 cloves garlic, diced

Pinch red pepper flakes

1 teaspoon sea salt

1 teaspoon oregano

1 teaspoon basil

⅛ teaspoon ground pepper

**Directions:**

Heat vegetable broth with garlic, add tomatoes with juice, red pepper flakes, basil, oregano, pepper, and salt. Simmer 15 minutes.