

Bacon and Cauliflower Mash Pizza with Grain-Free Crust

Ingredients

2 cups shredded mozzarella cheese
1 cup (scant) almond flour
1 small head cauliflower (will have mash leftover)
1 large chicken thigh
1 tbsp. avocado oil (can sub olive oil or ghee)
salt, pepper, garlic, onion powder, oregano, smoked paprika
1/2 head of cauliflower, chopped into florets
1/2 to 1 tbsp. minced garlic (1-3 cloves, depending on your preference)
splash of half and half (can sub regular milk or a non-dairy milk)
1-2 tbsps. butter
5 strips of bacon, cooked (I baked mine at 425F until crispy) and chopped into small pieces
1 1/2 to 2 cups shredded cheddar cheese
1/4 to 1/2 cup shredded parmesan cheese

Directions

1. Turn on oven to 400 F and add pizza stone.
2. Add mozzarella cheese to a microwave-safe bowl and microwave until melted, about 1 minute.
3. Add almond flour and mix to combine.
4. Spread out onto parchment paper.
5. Flip crust directly onto pizza stone (if your stone is prone to sticking, then keep crust on parchment paper),
6. Bake 5 minutes.
7. Meanwhile, drizzle avocado oil over chicken and sprinkle with salt, pepper, garlic, onion powder, oregano, and smoked paprika (no need to measure).
8. Mix to combine and set aside.
9. Steam cauliflower until soft.
10. Add cauliflower to food processor.
11. Add butter, a splash of half and half, and salt and pepper to taste.

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.

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Directions

12. Meanwhile, heat a skillet to medium heat.
13. Sear chicken on both sides until fully cooked, about 5-8 minutes.
14. Chop chicken into pieces.
15. Flip crust over and bake another 3 minutes.
16. Spread a thin to medium layer of cauliflower mash over the crust.
17. Sprinkle lightly with oregano.
18. Add cheeses.
19. Top with chicken and bacon.
20. Bake for 5 minutes.
21. Switch oven from bake to high broil.
22. Broil for 30 seconds to 2 minutes (depending on the heat of your broiler and proximity to it) until cheese is slightly brown and bubbly. Watch carefully as it can burn easily on broil.
23. Let cool for a couple minutes, then slice and enjoy!

Notes:

Crust recipe was adapted from [this recipe](#).

This pizza would also be delicious with a "traditional" flour crust. Typically, you would not par-bake the crust, but just add toppings to dough and bake until it's risen and browned. I have not tested baking time for that crust.

My Notes

Blank area for personal notes.

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