



Cauliflower Cheese Pizza Base

Ingredients:

500 grams Organic Cauliflower

500 grams Boiling Bone Broth (assume 500ml if steaming in saucepan)

2 Organic Eggs

150 Grams Colby / Cheddar Cheese (or any other GAPS allowed cheese)

1 tablespoon mixed herbs of your choice (I tend to use dried mint, basil, oregano)

Salt and Pepper to taste (Himalayan Rock salt preferred choice)

Instructions: - Thermomix or food processor

Pre heat the oven to 200°C

Roughly chop the cauliflower into smaller pieces and place in two batches into the Thermomix – chop each batch for 5 seconds on speed 5 (should resemble grains of rice)

(If using a food processor blitz batches until it resembles grains of rice)

Place all of the cauliflower into the rice basket and place in the Thermomix, pour in the boiling bone broth and cook for 10 minutes, Varoma Temperature / speed 2

(To steam place in a metal strainer that can sit over the saucepan, pour over boiled bone broth, place lid on top and leave to steam for 10 minutes)

Remove the rice basket and place on a plate into the fridge for 10 minutes to cool it down

(Remove strainer and put on a plate / over a bowl and place in the fridge to cool down)

Take it out of the fridge and place in a nut bag or old cloth napkin to squeeze out any excess liquid from the cauliflower – make sure you squeeze out as much liquid as possible to get the best final result

Place the cauliflower back into the Thermomix (making sure you don't have any of the bone broth left in there), add in the eggs, cheese, herbs, salt and pepper and mix together for 20 seconds on speed 4

(If using the food processor put back in there and blitz together until it resembles a kind of dough)

Remove from the Thermomix / Food Processor, place on a pizza tray which has been lined with baking paper. Using a spatula spread it out evenly over the paper into a round pizza shape and bake for 25-30 minutes or until golden brown.

Use as a pizza base or I like to spread with organic, home made garlic butter and use as garlic bread or organic butter, chopped Rosemary and Himalayan Rock Salt as a side for dinner.