

# Cauliflower Crackers/ Pizza crust

## INGREDIENTS

- 1 pound [cauliflower](#) florets
- 1 med sized Japanese sweet potato, diced (dark skin, white inside)
- 3 tbsp flax seed meal
- 3 tbsp nutritional yeast
- 1 tbsp extra virgin olive oil
- ½ tsp sea salt or to taste

## PREPARATION

Preheat oven to 400°F.

Place cauliflower and potato into a pit with steamer basket inside. Add ½ cup water, and boil for 5-6 minutes. Let cool.

Cut the cauliflower and slice the potato into a food processor. Process until finely chopped – you will need to scrape the sides often. This will be about 5-6 minutes! So be patient. Drizzle in the olive oil and process more. Then add the nutritional yeast, flax seed meal and sea salt.

On a parchment-lined baking sheet, spread cauliflower dough out until it resembles a [pizza](#) round. Bake for 40 minutes. If making crackers, try spooning the mixture into smaller rounds! They look like cookies at this point.

If you make them in the dehydrator, dehydrate the rounds on a tray for 8-12 hours at 115°F or until dried and to desired crispiness. This will depend on how thin you make the 'cookies'.

If making pizza crust, top however you want and bake in a 450°F oven for 7 minutes or until [cheese](#) and toppings have baked.

- modified from:

[http://www.rachaelrayshow.com/recipe/17239\\_Cauliflower\\_Pizza\\_Dough/index.html#sthash.OUuMVSe2.dpuf](http://www.rachaelrayshow.com/recipe/17239_Cauliflower_Pizza_Dough/index.html#sthash.OUuMVSe2.dpuf)