

CAULIFLOWER CRUST PIZZA



Ingredients

- 1 medium size head of cauliflower
- Pinch of salt
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- 2 teaspoons plain flour
- 1 tablespoon olive oil
- 1 egg
- 3 tablespoons finely grated parmesan cheese (optional)
- Pizza toppings of your choice (pizza sauce, shredded ham, tasty cheese, mushrooms, olives, etc)

Method

- Preheat oven to 200°C. Lightly grease a baking tray
- Chop up the cauliflower florets until you get a coarse, rice-like texture (you can use a food processor if it's easier). Place it into a microwave-safe bowl and microwave (without adding water, as the cauliflower will release moisture) for 5 minutes. Once it's ready, pour the cauliflower out onto a clean cotton towel and once it has cooled off a little, wring out as much moisture as possible
- In a bowl, combine the cauliflower, salt, oregano, garlic powder, flour, parmesan and olive oil. Make a little well in the cauliflower, add the egg, mix with a fork and incorporate it into the other ingredients
- Form the cauliflower dough into a ball and place it on the greased baking tray. Spread the dough out into a round, pizza crust (roughly 1cm or more thick) and bake it in the preheated oven for about 11 to 14 minutes
- Remove the pizza base from the oven and top with your favourite pizza sauce and toppings. Bake the pizza again for 4-5 minutes or until the toppings are golden brown

<http://blog.yummly.com/blog/2013/07/how-to-make-a-cauliflower-crust-pizza/> accessed 31st October, 2013.

CHEESY VEGETABLE MUFFINS



Ingredients

- 3 cups raw chopped vegetables of your choice (e.g. corn, capsicum, grated zucchini)
- 1 cup self-raising flour
- 1 cup low fat milk
- 1 cup low fat cheese, grated
- 1 teaspoon wholegrain mustard

Method

- Preheat oven to 180°C (160°C fan-forced). Line a 12 cup muffin tin with liners and set aside.
- In a bowl place raw vegetables, 1 cup of flour, milk, cheese and mustard. Stir to combine. Add extra flour if needed. Season well with salt and pepper.
- Place mixture into muffin tin and bake for 15-20 minutes.

Notes

- You can use vegetables of your choice like finely chopped cauliflower, grated carrot and grated pumpkin.
- You may need to vary the amount of flour and milk in this recipe as it will depend on the amount of moisture in the vegetables you choose.

<http://www.kidspot.com.au/best-recipes/Vegetarian+22/Cheesy-vegetable-muffins-recipe+5082.htm> accessed 31st October, 2013