

Cauliflower Pizza Crust (Vegan)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-caramelized-cauliflower-pine-nuts-lime-japanese>

Ingredients:

- 4 2/3 cups cauliflower chopped roughly
- 3 tablespoons flax seeds plus 9 tbsp water
- 1 5/8 cups chickpea flour
- 5 1/4 ounces spelt flour
- 1 teaspoon salt
- 2 1/2 tablespoons nutritional yeast
- 1/2 teaspoon oregano
- 1/2 teaspoon garlic powder
- 6 3/4 tablespoons passata
- 1 tablespoon chili paste
- 1 tablespoon tomato paste
- 8 1/3 cups spinach fresh or frozen
- 1/2 lime small, juice only
- 5 15/16 tablespoons pine nuts
- 5 1/16 tablespoons olive oil
- 1 garlic clove small

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 42 grams
3. Fat: 32 grams
4. Fiber: 13 grams
5. Protein: 20 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 850 milligrams
8. Sugar: 9 grams

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