



Caprese Pizza in a Mug



Entire recipe: 203 calories, 7g total fat (4g sat. fat), 583mg sodium, 20g carbs, 4g fiber, 4.5g sugars, 16.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

2 tbsp. shredded part-skim mozzarella cheese
2 tbsp. light/low-fat ricotta cheese
1 tsp. dried minced onion
1/4 tsp. garlic powder
1/2 cup frozen riced cauliflower, thawed and drained
2 tbsp. whole-wheat flour
1 1/2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
1 tbsp. grated Parmesan cheese
1/2 tsp. baking powder
1 dash Italian seasoning
2 tbsp. chopped tomato
1 tbsp. chopped fresh basil

Directions

In a small bowl, combine mozzarella, ricotta, onion, and garlic powder. Mix thoroughly.

Spray a wide microwave-safe mug or bowl with nonstick spray. Add cauliflower, flour, egg white/substitute, Parm, baking powder, and Italian seasoning. Mix thoroughly, and press to form the crust.

Microwave for 1 1/2 minutes, or until set.

Top with cheese mixture and tomato. Microwave for 1 minute, or until hot.

Top with basil.

MAKES 1 SERVING

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