



Cutie-Pie Cauliflower-Crust Pepperoni Pizzas



[Click here for a video demo](#) !

1/6th of recipe (1 mini pizza): 93 calories, 4g total fat (2g sat fat), 312mg sodium, 6.5g carbs, 2.5g fiber, 2.5g sugars, 8.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 20 minutes **Cook:** 40 minutes



Cool: 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

Crust

5 cups roughly chopped cauliflower (about 1 medium head)
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese
1 tsp. Italian seasoning
1/4 tsp. black pepper
1/8 tsp. salt

Topping

1/3 cup canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. Italian seasoning
1/2 cup shredded part-skim mozzarella cheese
1/2 oz. (about 8 pieces) turkey pepperoni, roughly chopped

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs, working in batches as needed.

Transfer to a large microwave-safe bowl; cover and microwave for 3 1/2 minutes.

Uncover and stir. Re-cover and microwave for another 3 1/2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain. Let cool for 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), press out as much moisture as possible -- there will be a lot of excess liquid.

Return cauliflower to the bowl, and add remaining crust ingredients. Mix thoroughly.

Evenly distribute crust mixture into six circles on the baking sheet, each about 1/4-inch thick and 3 1/2 inches in diameter. Bake until the tops have browned, about 28 minutes.

Meanwhile, in a medium bowl, add all topping ingredients *except* mozzarella and pepperoni. Mix well.

Spread seasoned tomatoes on the crusts, leaving 1/2-inch borders. Sprinkle with mozzarella and chopped pepperoni.

Bake until cheese has melted and crusts are crispy, about 5 minutes.

MAKES 6 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

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