

Cauliflower Pizza Bites



A keto friendly and gluten free pizza! Try these cauliflower bites for a healthy nutritious snack, a light lunch or a dinner side dish.

Ingredients

1 cauliflower, sliced vertically to 2-3cm thick

200 g mozzarella cheese, shredded

200 g parmesan cheese, grated

Tomato Sauce

1/3 cup extra virgin olive oil

5 garlic cloves, minced

1/2 cup basil leaves, torn

400 g canned chopped tomatoes

1/2 tsp salt

2 tbsp tomato paste

Method:

1. Preheat the oven to 200C.
2. To make the tomato sauce, heat a saucepan over low heat and saute the garlic in olive oil. To prevent it from browning and cooking too quickly add 2 tablespoons of water. When the water has evaporated, add the diced tomatoes and tomato paste. Let it simmer for 10-15 minutes, then add the basil at the end. Season to taste and take off heat to cool.
3. Line a baking tray with greaseproof paper, place cauliflower discs on the tray and brush with olive oil. Season with salt and pepper.
4. Roast for 20 minutes, flipping them over halfway so both sides are golden brown. Remove from the oven.
5. Turn up the oven to 230C. Spread a teaspoon of sauce on each cauliflower, and top with mozzarella and parmesan cheese and bake for a further 3-4 minutes until the cheese has melted.