

■ Sunday Chef: Gluten-Free Cauliflower Pizza Night

If you've been craving pizza but want something lighter, gluten-free, and healthier, this week's Sunday Chef recipe is for you: **Cauliflower Pizza Crust**.

The best part? You've got two easy paths—one quick with a store-bought crust, and one homemade from scratch.

■ Option 1: The Easy Store-Bought (Gluten-Free + Oil-Free)

For a delicious gluten-free, oil-free pizza, one of the easiest options is to start with a pre-made cauliflower crust.

A couple of great-tasting brands you can find in most grocery stores:

- **Caulipower** – widely available, gluten-free, and bakes up nicely.
- **Cali'flour Foods** – thinner, simple ingredients, and gluten-free.
- (Bonus: Trader Joe's and Whole Foods also have solid gluten-free cauliflower crusts.)

■ Sauce tip: Try **Rao's Homemade Marinara**—clean ingredients and amazing flavor.

■ Cheese tip: Go dairy or dairy-free depending on your preference.

From there, just add your favorite toppings, bake until bubbly, and enjoy. Dinner in 20 minutes flat. ■

■■■ Option 2: Homemade From Scratch (Gluten-Free)

Ingredients:

- 1 medium head cauliflower (about 4 cups florets)
- 1 large egg
- ½ cup shredded mozzarella or parmesan (or dairy-free cheese)
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp salt

Directions:

1. Preheat oven to 400°F. Pulse cauliflower in a food processor until rice-like.
2. Microwave 5–6 minutes, then squeeze dry with a towel.
3. Mix with egg, cheese, and seasonings until dough forms.
4. Spread onto parchment paper into a thin crust.
5. Bake 20–25 minutes until golden.
6. Add toppings + sauce and bake another 8–10 minutes.

■ Pro Tip: Squeeze out as much water as possible for a crispy crust.

■ Your Pizza, Your Way

- Fast & simple: Grab Caulipower or Cali'flour.
- DIY & fresh: Make it yourself from scratch.

Either way, you'll end up with a lighter, gluten-free pizza that tastes amazing.

Enjoy—and let me know how it turns out! I'd love to hear what toppings you go with. ■■

Kind regards,

The Sunday Chef Team