

CAULIFLOWER PIZZAS

Time: 60 minutes

Serves: 3

Ingredients:

3 horizontal slices cauliflower - 2cm thick
30ml avocado or other neutral-flavoured cold-pressed oil
1.5g kosher salt
0.5g fresh ground black pepper
9 slices Genoa salami
6 slices provolone cheese
30g pickled banana pepper rings

Preparation:

Preheat your oven to 230C.

Place the cauliflower slices on a baking sheet.

Baste one side of the cauliflower with half the oil, turn and baste the other side with the balance.

Sprinkle the slices with the salt and pepper, then bake for twenty minutes.

Remove from oven and top with the salami, cheese, then peppers.

Return to oven until cheese bubbles.

Remove from oven and serve immediately.

Nutritional Information Per Serving:

Calories: 319
Fat: 27g
Carbs: 6g
Fibre: 2g
Protein: 16g