

THE CAULIZONE



WHAT IS A CAULIZONE PIZZA?

A delicious way to try an Italian Classic Calzone Pizza...but with a low carb Cauliflower crust!

WHY IS IT SO GOOD?



- Low Carbohydrate
- Nutrient dense

Don't forget to post your creations on our Facebook Wall or share it with us on Twitter & Instagram - @athleatuk.

- Makes a delicious healthy meal for 2 people
- It's the perfect meal to #cheatclean.



- Easy to make
- You can make mini-Caulizone Pizza's for children
- Choose a whole range of fillings and sizes to suit your diet plan

We trialled and tested many recipes, and we wanted to share with you our favourite from the bunch!

There are no limits to the possible toppings you could have on your Caulizone Pizza, be creative!

We went for Cauliflower, Mozzarella Cheese, Italian Sausage, Bell Peper, Mushrooms and Tomato Sauce.

What will you choose?

The ingredients you will need for the Caulizone...

For the crust:

- 1 Cauliflower, trimmed and cut into small florets
- 50 grams of high quality Mozzarella cheese – diced into small cubes
- 1 Free Range Egg, lightly beaten
- ½ teaspoon fine grain Sea Salt
- ½ teaspoon Oregano
- ¼ teaspoon ground Black Pepper

And for our filling:

- Pack of 4 Gluten Free Spicy Italian Sausages
- 1 Bell Pepper finely sliced
- 4/5 sliced chestnut Mushrooms
- 50 grams Mozzarella Cheese
- 6 tablespoons of thick homemade Tomato sauce.
- Pinch of Salt

Preheat oven to 450°F (220°C). Line a baking sheet with parchment paper and grease liberally with Olive Oil.

In a food processor rice the Cauliflower florets in batches (process until evenly chopped but not pulverized). Transfer the Cauliflower rice to a microwave dish and microwave on high for 8 minutes, until cooked.

Place the Cauliflower rice in a tea towel or muslin type cloth and twist it to squeeze out as much moisture as you can. Then lay the Cauliflower rice on a sheet of absorbent paper towels and let the rice "steam off". This is very important. The Cauliflower rice needs to be as dry as possible. Otherwise you'll end up with mushy dough, not a crusty one after cooking.

Transfer the Cauliflower rice to a mixing bowl and add the Egg, Mozzarella, Oregano, Sea Salt and Pepper. Mix well. Then, using your hands, press the mixture onto the baking sheet and shape into a large disc that is approx 1cm in depth.

Place in the oven and bake for 10 minutes.

Remove from the oven and, working quickly, top the half of the disc with tomato sauce and the sliced Mozzarella then your choice of fillings. Using a large spatula carefully lift the half of the disc without filling and fold it over the other part, it's ok if the disc does break a bit on the edge, you can use your fingers to push the edges of each calzone together and seal in the filling after this.

Bake in the oven for an additional 12 minutes.

Serve hot and enjoy!!

THE MIXTURE...



THE BASE...



READY FOR TOPPINGS...



THE SAUCE...



THE COOKING...



THE EATING...



PROTEIN
33g
per slice

FATS
15g
per slice

CARBS
12g
per slice

CALORIES
483cal
per slice