



# Gluten free homemade pizza

10'  
Hands on

15'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

For the dough

- Preheat oven 200\* C (390\* F) Fan.
- Beat the almonds in a food processor until finely ground.
- Add the parmesan and cauliflower. Beat until the cauliflower breaks up into small pieces. You don't want it completely ground.
- Add the egg, egg yolk, salt and pepper. Beat for a few seconds to combine all of the ingredients.
- Transfer half of the mixture to a 20 c round metallic ring.
- Divide the remaining mixture between two 12 cm metallic rings.
- In this way, you can make a Mickey Mouse pizza. The large piece for the head and the two smaller pieces for the ears.
- Transfer all pieces of pizza dough to a [baking pan](#), in the shape of Mickey Mouse and drizzle with olive oil.
- Bake for 15-20 minutes, remove from oven and allow to cool for 30 minutes.
- Sprinkle with gruyere and katiki cheese.
- Add the tomato and bell pepper slices.
- Bake again for 10-15 minutes, until the cheeses melt.
- When ready, remove from oven and add the olives for eyes and a nose. Serve.

## Ingredients

For the dough

- 100 g almonds
- 300 g cauliflower
- 1 egg, medium
- 1 egg yolk
- 30 g parmesan cheese
- 1 pinch salt
- pepper
- 1 teaspoon(s) olive oil

For the pizza

- 150 g gruyere cheese, grated, low fat
- 100 g katiki cheese
- 1/2 tomato, sliced into rounds
- 1/2 green bell pepper, sliced into rounds
- 1/2 red bell pepper, sliced into rounds
- 3 olives

## Διατροφικός πίνακας

Nutrition information per portion

300 Calories (kcal)	21.0 Total Fat (g)	6.4 Saturated Fat (g)	6.8 Total Carbs (g)
15%	30%	30%	3%
4.3 Sugars (g)	19.0 Protein (g)	3.9 Fibre (g)	0.83 Sodium (g)
5%	38%	16%	14%