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Cauliflower and Chia Seed Crust With Heart, Cancer Prevention and Brain Benefits

By bestfolkmedicine · 17/04/2019 · 3 min read



For a lot of you who are reading this article, pizza may be your favorite food, but certainly not the healthiest meal out there. However, though you may associate pizza with weight gain, it is not always the case.

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In fact, there are ways to prepare your own homemade healthy pizza that will not contribute to inflammation or worsen your digestion. Thanks to today's article, you will learn that swapping the wheat for the dough with cauliflower and reducing the presence of dairy in the toppings is the key to healthy

pizza crust.

Believe it or not, cauliflower crust is the new thing and everyone is using it to prepare and enjoy a healthy and tasty meal. Continue reading the article to learn why cauliflower crust is good for you…

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Cauliflower Crust: Why It Is Good for You?

Cauliflower, as you may already know, is a cruciferous veggie which is abundant in anti-cancer and anti-inflammatory properties like sulforaphane. Its compounds were found to be beneficial in the fight against breast, colon, lung, prostate, liver, and cervical cancer by triggering cancer cell death and averting the spread of the cells.

When you consume cauliflower regularly, you are providing your body with important nutrients, including folate and vitamins B6, C, and K, as well as with potassium, manganese, riboflavin, and pantothenic acid.

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It is important to note that cauliflower is great for pregnant women because it can change the hippocampal pyramidal cells in the foetal brain and better the cognitive function, as well as the learning and memory.

What's more, it will regulate the gut bacteria and avert bacterial overgrowth and improve your digestion.

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The recipe for cauliflower crust also contains chia seeds which are rich in magnesium, iron, calcium, fiber, and omega-3s. The tryptophan in chia seeds will elevate your satiety and better your weight management. When consumed regularly, chia seeds will better your blood pressure, decrease the bad cholesterol, balance your blood sugar, and fight off insulin resistance.

We bet you are eager to learn the cauliflower crust recipe, right? Check it out below!

DIY Cauliflower Pizza Crust Recipe

**gluten-free*

**suitable for vegans and vegetarians*

You will need the following ingredients:

A large cauliflower head

¾ cups of almonds, ground

1 ½ tbsp of dried oregano

Sea salt and black pepper to taste

¼ cup of chia seeds

¾ cup of water

Preparation: preheat the oven to 400 degrees Fahrenheit. Wash the cauliflower thoroughly to remove all bacteria and pat it dry. Rinse the seeds using a fine mesh strainer. Then, soak them in water and put the mixture in the fridge for 20 minutes.

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Now, chop the cauliflower into smaller chunks and blend them in a blender to get a rice-like texture. Measure 3 cups of this powder and put it in a mixing bowl.

Add the seasoning and almonds. Mix until you combine everything together. In the centre of the mixture, make a hole and add the previously soaked chia seeds.

With clean hands, begin to mix the dough and shape it into a ball. The dough should be stickier and less firm than regular dough. Now, spray a baking tray with oil and place the dough and spread it through the whole pan. Make ridges around the rim.

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Put the crust in the oven and bake until it becomes golden brown, usually around 25 minutes. Remove the crust and add the desired toppings. Put it back in the oven for another 5 to 10 minutes and then remove.

Wait for the pizza to cool down a bit before cutting and serving.

Enjoy!

Searching for a healthy snack recipe? No worries- check out this delicious and nutritious homemade kale chips!

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