



FAT HEAD PIZZA

DINNER

This is a really yummy, pick up like pizza, somewhat flaky crust alternative. Even my non keto teenagers liked it!

Nutrition info is for crust only as toppings will vary widely.

PREP: 15 MINUTES	COOK: 20 MINUTES	SVG: 1/4 PIZZA
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- 1-3/4 cup grated Mozzarella

3/4 cup almond meal/flour

1 oz. cream cheese (2 Tbsp.)

1 egg
- Pinch of salt

1/2 tsp. garlic, basil, or seasoning (opt.)

Toppings of choice

1. Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.

2. Stir then microwave on HIGH for another 30 seconds.

3. Add the egg, salt, and crust seasoning of choice and mix gently.

4. Place in between 2 pieces of baking parchment/paper and roll into a circular pizza shape. Remove the top baking paper/parchment. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften again but not too long or you will cook the egg.

5. Make fork holes all over the pizza base to ensure it cooks evenly.

6. Slide the baking paper/parchment with the pizza base, on a baking sheet or pizza stone and bake at 425 °F for 12-15 minutes or until brown.

Note: To make the base really crispy and sturdy, flip the pizza over (onto baking paper/parchment) once the top has browned.

7. Once cooked, remove from the oven and add all the toppings you like. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake again at 425 °F for 5 minutes.

Cal: 320 Fat: 26g Total Carbs: 6g Fiber: 2g Sugar: 0g Protein: 17g