

FAT HEAD PIZZA CRUST RECIPE

yield: **8 SERVINGS**

prep time: **15 MINUTES**

cook time: **15 MINUTES**

total time: **30 MINUTES**

This is the yummiest keto pizza dough, EVER!

INGREDIENTS

- 3/4 cup almond meal/flour
- 1 and 3/4 cups mozzarella cheese, shredded
- 2 tablespoons cream cheese
- 1 egg
- pinch of salt
- 1/2 teaspoon Italian seasoning
- Desired pizza toppings (tomato paste, sauce mozzarella cheese, pepperoni, mushrooms, bell peppers, etc.)

DIRECTIONS

- 1 Preheat oven to 425 degrees F.
- 2 Combine almond flour and mozzarella cheese in a microwave safe bowl. Add in cream cheese and cook in the microwave for one minute. Stir and then cook for an additional 30 seconds in the microwave.
- 3 Mix in egg, salt, and Italian seasoning, and stir.
- 4 Shape dough into a ball and place between two pieces of parchment paper.
- 5 Use a rolling pin on top of the parchment paper to roll the dough in a circular shape. Mine was more of an oval.
- 6 Remove the top parchment paper and slide dough onto a baking sheet or pizza stone. Bake at 425 degrees in the oven for 12-14 minutes until slightly browned.

- 7 Add any desired pizza toppings and sauce you'd like to the top of the crust. (Keep in mind, if using raw meat you'd want to cook it first before putting on pizza.) Continue cooking in oven for 5 minutes until cheese melts. Makes about 8 slices.

NUTRITIONAL INFORMATION

Yield: 8 servings, Serving Size: 1/8 slice (dough only)

Amount Per Serving: Calories: 152, Total Carbohydrates: 3g, Fiber: 1g, Net Carbohydrates: 2g, Total Fat: 12g, Protein: 9g

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