

Low Carb Lavash Pizza

Pizza craving with diet macros? Don't worry, we have a way to beat those cravings without blowing your plans.



PREP TIME

10 mins

COOK TIME

10 mins

TOTAL TIME

20 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

1 serving

CALORIES

280 kcal

INGREDIENTS

- 1 sheet Joseph's Oat, Flax and Bran Lavash
- 3 Tbsp pizza sauce
- 1 c vegetable toppings
- 1/4 c Daiya Shreds
- 1 Tbsp Nutritional Yeast

INSTRUCTIONS

1. In an oven set to 300°F/150°C , lay out your Lavash wrap on a cookie sheet spritzed with non-cooking spray.
2. Cook your lavash for 3-5 minutes, just until toasted.
3. Remove from oven, top with sauce, topping and cheese (IN THAT ORDER! Your topping will stick this way).
4. Cook for another 5 minutes.
5. Slice and top with nutritional yeast. Enjoy!

NUTRITION

Nutrition Facts

Low Carb Lavash Pizza

Amount Per Serving	
Calories 280	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 2g	13%
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.04g	
Sodium 1020mg	44%
Potassium 283mg	8%
Carbohydrates 35g	12%
Fiber 13g	54%
Sugar 6g	7%
Protein 18g	36%
Vitamin A 3100IU	62%
Vitamin C 28.1mg	34%
Calcium 170mg	17%
Iron 1.4mg	8%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!