



Pizza Crust with The Flour*

Serving: 1

Non Veg

Ingredients

- **Low Carb Pizza Crust :**
- -2 tbsp almond flour
- -1. 5 tbsp coconut flour
- -4 tbsp mozzarella cheese shredded
- - 1 egg
- - $\frac{1}{2}$ tsp salt
- - $\frac{1}{4}$ tsp fennel seed
- - $\frac{1}{2}$ tsp oregano
- - $\frac{1}{2}$ tsp crushed red pepper
- - $\frac{1}{4}$ tsp garlic powder
- **Pizza Toppings**
- - $\frac{1}{4}$ cup pizza sauce
- - fresh mozzarella sliced
- -1 tbsp ricotta cheese
- -1 tbsp sliced jalapeños

Preparation Method

- **Low Carb Pizza Crust :**
- -Preheat oven to 300° degrees.
- -Melt shredded cheese in toaster oven or microwave until soft and malleable.
- -Melt cheese and spices
- -Add almond flour, coconut flour and egg to your melted cheese and combine. Make sure all ingredients are well combined (heat for 10 seconds again if necessary).
- -Mix in flours and egg
- -Place the dough between 2 sheets of parchment paper and roll into your desired shape (we chose round)
- -Bake at 400° for 12-15 minutes (until slightly golden).
- **Pizza Toppings :**
- -Evenly spread the sauce over the crust. Get it as close to the edges as you like Add sauce
- -Lay out the sliced mozzarella over the sauce. Add little globs of ricotta all around (so you get some in every slice).
- -And any toppings
- -Place all your other favorite toppings and bake the pizza in the oven for about 10 minutes at 400° until the mozzarella is fully melted (you can also let it bake until cheese is lightly golden).