

Meat Lovers Breakfast Pizza

Keto breakfast pizza loaded with scrambled eggs, meat, and cheese!
This recipe has been updated to include a cheese sauce for the base.

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YIELD

8 slices

PREP TIME

15 minutes

COOK TIME

15 minutes

TOTAL TIME

30 minutes

Ingredients

For the crust:

- 2 cups shredded mozzarella
- 2 tablespoons cream cheese
- 1 egg
- $\frac{3}{4}$ cup almond flour

For the topping:

- 6 eggs
- 2 tablespoons heavy cream
- 1 tablespoon butter
- $\frac{1}{2}$ cup cooked crumbled bacon
- $\frac{1}{2}$ cup cooked and crumbled breakfast sausage
- $\frac{1}{2}$ cup cheese sauce
- $\frac{1}{4}$ cup grated cheddar
- 2 tablespoons chopped green onions

Instructions

1. Preheat oven to 425 degrees.
2. Add the mozzarella and cream cheese to a microwave safe bowl and microwave in 20 second bursts until melted.
3. Stir to combine the cheeses and then add the egg and almond flour.
4. Stir well to combine.

5. Place the dough on a large sheet of parchment paper. Top with a second sheet of parchment.
6. Roll the dough out into a 12 inch diameter circle.
7. Remove the top piece of parchment and transfer the bottom sheet with the dough on it to a pizza pan. Trim the parchment paper to fit the pan.
8. Bake for 10 minutes or until crust is lightly golden.
9. Flip the crust and set aside while you prepare the eggs.
10. Whisk the eggs and cream in a small bowl until well combined.
11. Heat a large skillet over medium heat and add the butter.
12. Once the butter has melted, add the eggs to the skillet and scramble until just slightly wet looking.
13. Top the pizza crust with the cheese sauce, followed by the eggs, bacon, and sausage. Add the cheddar over the top.
14. Return the pizza to the oven for 5 minutes.
15. Remove from the oven, sprinkle with the green onions, slice, and serve.

Notes

This recipe originally called for 2 cups of grated cheddar sprinkled over the crust in place of the cheese sauce. It's delicious that way, but if you have the time to make the cheese sauce, do it! It adds a ton of creamy goodness to this pizza!

Nutrition Information: YIELD: 8 SERVING SIZE: 1 slice

Amount Per Serving: Calories: 470 Total Fat: 37g Saturated Fat: 15g Trans Fat: 1g Unsaturated Fat: 20g

Cholesterol: 248mg Sodium: 840mg Carbohydrates: 4g Net Carbohydrates: 3g Fiber: 1g Sugar: 1g Protein: 28g

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CUISINE: American / **CATEGORY:** Breakfast

<https://thatlowcarbblife.com/breakfast-pizza/>

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