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The Best Low-Carb Pizza Crust



This Low-Carb Pizza Crust recipe makes a crust everyone will love. This recipe can be part of a low-carb, keto, gluten-free, grain-free, diabetic, or Banting diet.

Course	Main Course
Cuisine	American, Italian, low-carb
Prep Time	10 minutes
Cook Time	16 minutes
Total Time	26 minutes
Servings	8
Calories	172 kcal
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Ingredients

- 3/4 cup super fine almond flour
- 2 cups mozzarella cheese finely shredded
- 2 tablespoons cream cheese
- 1/4 to 1/2 teaspoon sea salt (1/4 is enough unless you really love salt)

Instructions

1. Place rack in the center of the oven. Preheat oven to 425° Fahrenheit. Have two sheets of parchment about 15" long, a rolling pin and a pizza pan or baking sheet ready.
2. In a large saucepan, mix together the almond flour, mozzarella cheese, cream cheese and sea salt. Place mixture over low heat. Heat, stirring constantly, until cheese melts and the mixture becomes dough-like.
3. Place dough on one of the pieces of parchment. Shape into a disk. Cover with the other sheet of parchment.
4. Roll dough out into a 12" diameter circle.
5. Remove the top piece of parchment and slide the dough onto the pizza pan using the bottom piece of parchment.
6. Poke holes in the dough using a fork.
7. Place on center rack of the preheated oven. Bake for 6-8 minutes or until golden, watching carefully to prevent burning. Put pan on a cooling rack. Decrease oven temperature to 350° Fahrenheit. (You may need to open the oven door for a few minutes to allow excess heat to escape.)
8. Optional: to crisp up the crust a bit more, flip the crust over and bake for an additional 3-5 minutes.
9. Allow crust to cool 5-10 minutes. Add the desired toppings on the crust. Bake an additional 5-8 minutes at 350° Fahrenheit, or until cheese has melted. Remove from oven and let cool about 5 minutes before cutting and serving.

Recipe Notes

Serving size= 1/8 of pizza crust.

Net carbs per serving (g): 2