



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinPizzas | proteinpizzas.co

WHAT'S INSIDE

1. Gluten-Free Cauliflower Protein Pizza Crust

20g protein

2. Dairy-Free Chickpea Flour Protein Pizza

18g protein

Combined Shopping List

Pro Tips

Gluten-Free Cauliflower Protein Pizza Crust

20g

Prep: 20 min

Cook: 25 min

Total: 45 min

Yield: 1 large pizza

Difficulty: Medium

180

CALORIES

20g

PROTEIN

12g

CARBS

10g

FAT

INGREDIENTS

500g cauliflower florets (about 1 medium head)

60g unflavored whey protein powder

1 large egg

60g shredded mozzarella cheese

1 tsp Italian seasoning

1/2 tsp garlic powder

1/4 tsp salt

Your favorite pizza toppings

INSTRUCTIONS

- 1 Pulse cauliflower in a food processor until it resembles rice. Microwave for 4 minutes, then let cool.
- 2 Place cauliflower in a clean kitchen towel and squeeze out as much moisture as possible. This is crucial for a crispy crust!
- 3 In a bowl, combine the dried cauliflower, protein powder, egg, mozzarella, Italian seasoning, garlic powder, and salt. Mix well.
- 4 Press the mixture onto a parchment-lined baking sheet into a 12-inch circle. Bake at 220°C (425°F) for 15-18 minutes until golden.
- 5 Add your favorite sauce and toppings. Return to oven for 8-10 minutes until cheese is melted and bubbly.

Dairy-Free Chickpea Flour Protein Pizza

18g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 1 large pizza

Difficulty: Easy

195

CALORIES

18g

PROTEIN

22g

CARBS

6g

FAT

INGREDIENTS

150g chickpea flour (besan)

30g unflavored plant-based protein powder

240ml warm water

2 tbsp olive oil

1 tsp Italian seasoning

1/2 tsp garlic powder

1/2 tsp salt

1/4 tsp baking powder

Dairy-free pizza toppings of choice

INSTRUCTIONS

- 1 Whisk together chickpea flour, protein powder, Italian seasoning, garlic powder, salt, and baking powder.
- 2 Add warm water and 1 tbsp olive oil. Whisk until smooth. Let rest for 10 minutes.
- 3 Heat remaining oil in a 12-inch oven-safe skillet over medium heat. Pour in batter and cook for 5 minutes until bottom is set.
- 4 Transfer skillet to oven and broil for 3-4 minutes until top is golden and crust is cooked through.
- 5 Add your favorite dairy-free sauce, vegetables, and vegan cheese. Broil for 2-3 more minutes until toppings are heated.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g unflavored whey protein powder
- ☐ 1/2 tsp garlic powder
- ☐ 150g chickpea flour (besan)
- ☐ 30g unflavored plant-based protein powder
- ☐ 1/4 tsp baking powder

DAIRY & EGGS

- ☐ 1 large egg
- ☐ 60g shredded mozzarella cheese

OTHER

- ☐ 500g cauliflower florets (about 1 medium head)
- ☐ 1 tsp Italian seasoning
- ☐ 1/4 tsp salt
- ☐ Your favorite pizza toppings
- ☐ 240ml warm water
- ☐ 2 tbsp olive oil
- ☐ 1/2 tsp salt
- ☐ Dairy-free pizza toppings of choice

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinpizzas.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified pizzas recipes, interactive ingredient substitutions, and more free recipe packs.

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