




KETO PIZZA

LOW-CARB | KETO | GLUTEN-FREE | LOW SUGAR | HIGH PROTEIN | *NUT-FREE OPTION | *DAIRY-FREE OPTION

WHATCHU NEED:

FOR ALMOND FLOUR CRUST

- 1 cup shredded mozzarella
- 1/4 cup almond flour
- 1 egg
- 1/4 tsp garlic salt

 ***DAIRY-FREE OPTION** simply use your favorite non-dairy shredded mozzarella cheese brand.

FOR *NUT-FREE CRUST

- 1 cup shredded mozzarella
- 1 cup grated Parmesan cheese
- 1 egg
- 1 tsp garlic powder

NUTRITIONAL INFO:

FOR ALMOND FLOUR CRUST

521 calories, 36g fat, 9.4g total carb, 3g fiber, 1g sugar, 44g protein, 6.4g net carbs

FOR *NUT-FREE CRUST

782 calories, 49g fat, 8.4g total carb, 0g fiber, 1g sugar, 77g protein, 8.4g net carbs

WHATCHU DO:

FOR ALMOND FLOUR CRUST

1. Preheat oven to 350 F.
2. Combine all ingredients in medium-large bowl.
3. Form into a 6-inch round pizza shape and place on cookie sheet or pizza pan. Line with non-stick foil or parchment paper.
4. Bake for 10-15 minutes or until bottom is nicely browned.
5. Take out of oven and FLIP OVER your pizza crust, flat browned side UP. Then top with sauce, cheese, and any other keto-friendly toppings.
6. Place back into oven and bake for an additional 5-10 minutes or until cheese is melted.

FOR *NUT-FREE CRUST

SAME DIRECTIONS AS ABOVE PIZZA



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4 WEEK KETO MEAL PLAN >> [HERE](#)

! NOTES:

- Keto-friendly topping ideas: Pepperoni, sausage, bacon, salami, cooked chicken, mushrooms, roasted red peppers, bell peppers, almost any herbs or seasonings, any types or combos of cheese.
- Make sure you use a keto-friendly pizza sauce. Traditional pizza sauces are usually too high in sugar to be keto-friendly. I use RAO'S.
- Nutritional info was calculated by using both a calorie calculator and actual labels from brands used. Nutritional information will vary depending on the brands/products you use. For exact accuracy, you will need to calculate using the info on your ingredient/product labels.