



Brent's Pizza Crust

PREP TIME

10 min

TOTAL TIME

30 min

Nutrition Information Per Serving

Makes 6 servings

FAT

25g

PROTEIN

22g

CARBS

6g

CALORIES

326

Nutrition info does not include toppings.

Ingredients

2 cups mozzarella cheese, shredded

1 cup Parmesan cheese, shredded

1 cup almond flour

4 Tbsp cream cheese

3 eggs

Salt and pepper to taste

oregano, basil, garlic or other seasonings to taste

Instructions

1. Preheat oven to 425 degrees F.
2. Mix the mozzarella and Parmesan cheese with the almond flour in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.
3. Stir, then microwave on HIGH for another 30 seconds.
4. Add the egg, salt, pepper, and other seasonings of choice. Mix gently.
5. Place mixture between two pieces of parchment paper and roll into a circular pizza shape. Remove the top paper. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften (just don't heat too long or the egg will cook!).
6. Make fork holes all over the pizza base to ensure it cooks evenly.
7. Slide the parchment paper with the pizza base, onto a baking tray or pizza stone, and bake for 12-15 minutes, or until brown.
8. For a crispier crust, broil for 2-3 minutes before removing from oven or flip the pizza over once the top has browned.
9. Once cooked, remove from the oven and add toppings of your choice. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake for 5 minutes or broil for 2-3 minutes.

Pro Tip: