

## RECIPE

# Fathead Pizza Crust

(This dough also works for flatbread & many other keto meals)



Ready in **20 minutes**

Serves **8 people**

**117 calories**

## Ingredients

- 1 ½ cup Mozzarella cheese (shredded)
- 2 Tablespoons cream cheese (cubed)
- 2 large Eggs (beaten)
- ⅓ cup coconut flour

## Preparation

1. **Preheat the oven to 425 F (218 C).** Line a baking sheet or pizza pan with parchment paper.
2. **Combine the shredded mozzarella & cubed cream cheese** in a large bowl. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated. If you don't have a microwave, use a double boiler to melt the cheese & cream cheese together instead.
3. **Stir in the beaten eggs & coconut flour.** Knead with your hands until a dough forms. If the dough becomes hard before fully mixed, you can microwave it for 10 - 15 seconds to soften it.
4. **Spread dough onto the lined baking pan to ¼" - ⅓" thickness**, using your hands or a rolling pin over a piece of parchment. You can oil your hands to smooth without sticking. Poke holes with fork or toothpick to prevent bubbling.
5. **Bake for 6 minutes.** Poke more holes in any place where you see bubbles forming. Bake for 3 -7 more minutes, until golden brown .

## Tips

### **Fathead Pizza Dough with almond flour -**

Follow instructions above, but replace the coconut flour with  $\frac{3}{4}$  cup almond flour & reduce the 2 eggs to 1 egg.

**To make keto pizza** once the crust is completed, top with sauce and toppings and return to oven for 10 more minutes until heated through.

**Crust also freezes very well** - bake & put in bag - if you put more than one in separate crusts with waxed or parchment paper.