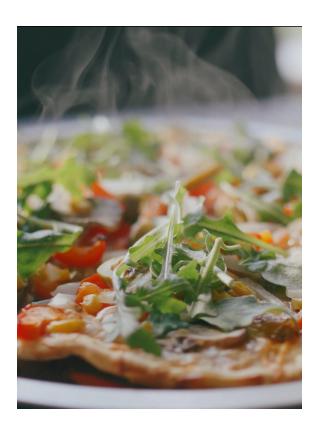
RECIPE

Fathead Pizza Crust

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



Ready in **20 minutes**Serves **8 people 117 calories**

Ingredients

- 1½ 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" ½" 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 over 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.