

Non-Pizza Pizza

KETO FRIENDLY | GLUTEN FREE | LOW CARB | FLOURLESS



Category:

Main Meals

INGREDIENTS

- Raw vegetables of choice, enough to fill a baking dish. Good options include broccoli, onion, peppers and mushrooms.
- Cooked ham, cooked chicken, cooked ground beef, or another cooked protein of choice.
- Grated cheese, enough to generously cover the top.
- Salt, pepper and seasoning to taste.
- Butter or olive oil for the dish, if needed.
- Use organic ingredients whenever possible.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line a baking dish with parchment paper.
3. Fill the dish with raw vegetables of choice.
4. Add cooked ham, chicken, ground beef, or another cooked protein.
5. Season to taste.
6. Cover generously with grated cheese.
7. Bake for about 30 minutes, or until the vegetables are cooked and the cheese is melted, golden and crispy.
8. Serve warm, straight from the dish.

VICTORIA'S TIP

It gives you the melted-cheese and savoury pizza experience without a flour-based crust. The protein and fat from the meat and cheese help make it satisfying.

APPROXIMATE NUTRITION

Approximate nutrition will vary depending on the vegetables, protein and amount of cheese used. Serving Calories Protein Net Carbs 1 portion Approx. 300-425 Approx. 22-32 g

RECIPE PAGE - MAIN MEALS

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