

# Carnivore Pizza Crust

## Ingredients

1 lb of ground chicken or turkey

15g of garlic (Or more!)

50g or ½ cup of shredded Mozzarella

15g or ¼ cup of fresh parmesan, grated

2 large eggs

2 tsp of Italian herb seasoning

¼ tsp of sea salt...more or less depending on your taste

Pre-heat your oven to 400 degrees Fahrenheit.

First, shred and/or grate your cheese. I recommend buying whole block cheese and shredding or grating it yourself. Then, add all the ingredients into the food processor. Pulse at low, scrape the bowl and then pulse on high for 2 or 3 minutes

Line a large (18x12) cookie sheet with parchment paper. When you're sure the size is correct, crumple up the paper, and then replace it on the cookie sheet. The crumpling lets hot air in underneath, which crisps up the crust.

Spread the "dough" on the parchment and get it as evenly dispersed as you can. Place the cookie sheet with carnivore crust "dough" in the pre-heated oven, and set a timer for 10 minutes. At 10 minutes, turn the sheet 180 degrees so it will bake evenly.

The crust is done when it starts to turn golden. If at 20 minutes, that hasn't started to happen, you can turn the heat up 25 degrees and watch carefully so it doesn't burn.

Remove from the oven and carefully remove from the parchment, top with your favorite toppings and right back in the oven to finish up!

