

Supreme Low Carb Pizza with Fathead Pizza Crust



Make a delicious Low Carb Supreme Pizza faster than delivery. The Fathead pizza crust makes it possible. It's not only low carb but gluten-free and perfect for ketogenic diets

Course	Appetizer, Dinner
Cuisine	Italian
Keyword	fast and easy
Prep Time	15 minutes
Cook Time	15 minutes
Total Time	30 minutes
Servings	6
Calories	421kcal
Author	lowcarbmaven.com

Ingredients

The Pizza Dough

- 1 1/2 cups grated mozzarella cheese (5 oz)
- 2 ounces cream cheese
- 1 large egg
- 1 1/4 cup [almond flour](#) (3 oz)
- 2 tablespoons [whey protein powder](#) or 1/4 cup more almond flour

Toppings

- 1 clove garlic
- 1/2 cup jarred Marinara Sauce lowest carb you can find
- 2 links Italian sausage crumbled and cooked
- 1/4 cup green bell pepper, chopped
- 1/4 cup onion, chopped
- 2 oz sliced mushrooms (1/4 package)
- 1 1/2 cup grated mozzarella cheese (5 oz)

Instructions

1. **Preparation:** Preheat oven to 400 F. Brown the sausage, drain and set aside. Cut the vegetables and saute them until softened. I add a little water and cover to steam a bit and then uncover and dry out a bit.
2. **Low Carb Pizza Crust:** Place the 5 ounces of grated mozzarella cheese into a medium-sized microwave-safe bowl. Cut the cream cheese into about 6-8 pieces and place in the bowl with the mozzarella. Microwave the cheeses for 1½ -2 minutes depending on the strength of your microwave. Stir the cheeses together. Break the egg into the cheese and stir with a fork until combined. It will take a minute to coax the two to blend. Add the almond flour and protein powder and blend completely. Sometimes I use my hand at the end and knead the dough until it is more elastic than sticky - which is when it is a little cooler.

3. **Method: Hands:** Place a piece of parchment paper on a sheet pan and with water moistened or oiled hands, pat the dough evenly into place. I prefer to oil my hands. The dough will cover most of the sheet pan. Dock (poke holes all over) with a fork.
4. **Rolling Pin:** Alternately, roll the dough out between two sheets of parchment paper. This is my preferred way. Remove the top piece of parchment and transfer the dough and parchment to the baking sheet. Dock (poke holes all over) with a fork.
5. **Bake:** Bake on the bottom rack for 8-10 minutes until golden brown. Remove from the oven and rub the crust with a piece of garlic. It will melt into the crust and be wonderful! Spread the marinara sauce over the crust and top with half of the cheese. Add the rest of the topping followed with the rest of the cheese. Place under the broiler for about 5 minutes until it's hot and the cheese has melted.

Notes

*****Coconut Flour or Oat Fiber 500 can be subbed for the whey protein powder. Coconut flour will result in a faint coconut taste and the Oat fiber can be a little dry, but they are both great.**

Makes 2 - 10 inch pizzas or 1 large rectangle pizza. I used an 18x13" pan but the dough did not reach the sides of the pan. See the photos.

EGG FREE OPTIONS: (Thank you Nissa for experimenting on this one!)1. Nissa says that a flax egg may be used in place of the egg. 2. She also says that no egg is needed as the cheese serves as a sufficient binder.

Nutrition Facts	
Supreme Low Carb Pizza with Fathead Pizza Crust	
Amount Per Serving	
Calories 421	Calories from Fat 315
% Daily Value*	
Fat 35g	54%
Carbohydrates 7g	2%
Fiber 1g	4%
Protein 21g	42%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition

Calories: 421kcal | Carbohydrates: 7g | Protein: 21g | Fat: 35g | Fiber: 1g

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