

Zack's 3 cheese Keto Fathead Pizza Crust

Time to prepare: 30 minutes

Be sure to check out our step by step video at <https://youtu.be/vf9SFnENoPk>

You will need:

- ¾ cup almond flour
- 1-½ cups grated pizza mozzarella cheese
- ⅓ cup grated parmesan cheese
- 2 tbsp cream cheese
- 1 egg beaten
- 1 tsp italian seasoning
- ½ tsp baking powder
- ¼ tsp salt

Preparation

1. Preheat oven to 400°F (200°C)
2. In a bowl combine the almond flour, baking powder, italian seasoning and salt, mix well and put aside. Ensure the flour is free of clumps, sift if necessary.
3. In a microwave safe mixing bowl combine the mozzarella cheese, parmesan cheese and cream cheese.
4. Microwave on high for 45 seconds to soften. Immediately continue mixing the cheese, adding in the dry ingredients. Microwave for an additional 50-60 seconds.

Macros (Crust only):

1 Pizza: Calories:1240

Protein:68g

Fat:101g

Net Carbs:8g

½ pizza: Calories:206

Protein:11.4g

Fat:16.8g

Net Carbs:1.3g



5. Add in the beaten egg and mix thoroughly, using first a spoon and then continue mixing by hand until evenly mixed.
6. Wrap the dough ball in plastic wrap and place in the refrigerator for 5-10 minutes to cool slightly.
7. Take the dough ball from the fridge and place between 2 pieces of parchment paper. Press to flatten and then roll out to the size of the pizza pan. Remove the top layer of the parchment and save for later.
8. Use a fork to poke holes all over the pizza crust to prevent bubbles from forming during cooking.
9. Keeping the dough on the parchment, place it onto the pizza pan and bake for 10 minutes.
10. Remove from the oven and using the top parchment from earlier, flip the crust over. Let cool for 10 minutes before adding the toppings.
11. Add the pizza sauce (see Zack's Keto Pizza Sauce recipe), cheese and your favorite toppings.
12. Bake for an additional 8 minutes to melt the cheese. Remove from the oven, wait 2 minutes then cut and serve. Best served hot.