

# Fathead Pizza

## Ingredients:

### Crust

- 1 ½ cups shredded mozzarella cheese
- ¾ cups almond flour
- 2 tbsp cream cheese
- 1 tsp white wine vinegar
- 1 egg
- ½ tsp salt

## Instructions

- 1) Preheat the oven to 400 degrees
- 2) Heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave for 40 – 60 seconds
- 3) Stir until they melt together. Add the other ingredients and mix well
- 4) Place your dough in the freezer for 15 – 20 minutes
- 5) Flatten the dough between two pieces of parchment paper then roll to desired thickness.
- 6) Remove the top parchment sheet. Use your pizza docker (or prick with a fork all over) and bake in the oven 10 – 12 minutes or until golden brown. Remove from the oven
- 7) Prepare your toppings
- 8) Spread a thin layer of your desired sauce on the crust. Top the pizza, don't forget the cheese! Bake for 10 – 15 minutes or until the cheese has melted

Total Macros for the 1 **FULL** pizza dough:

Net carbs: 13 grams  
Fiber: 9 grams  
Fat: 96 grams  
Protein: 26 grams  
Calories: 1,251

**HALF** pizza dough

Net carbs: 6.5 grams  
Fiber: 4.5 grams  
Fat: 48 grams  
Protein: 13 grams  
Calories: 626