Fat Head Pizza with Mozzarella, Tomato & Rocket

Hands-on 10 minutes Overall 20-25 minutes

Nutritional values (per 2 slices, 1/4 pizza): Total carbs: 9.3 g, Fiber: 2.5 g, **Net carbs: 6.8 g**, Protein: 27.8 g, Fat: 41.7 g, Calories: 506 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

Fat Head Pizza Base:

1 1/2 cups grated mozzarella cheese (170 g/ 6 oz)

2 tbsp cream cheese (56 g/ 2 oz)

1 large egg

1/2 tsp salt

3/4 cup + 1 tbsp almond flour (85 g/ 3 oz)

extra virgin olive oil for flattening the dough

Topping:

1/3 cup sugar-free Marinara sauce (80 g/ 2.8 oz)

4 1/2 oz fresh mozzarella cheese, sliced (125 g)

fresh basil

1 cup fresh rocket (arugula)

1 oz flaked Parmesan cheese (28 g)

2 tbsp extra virgin olive oil

Instructions

1. Start by making the pizza crust. Place the grated mozzarella cheese into a bowl and add the cream cheese. Microwave on high for 1 minute. Mix with a spatula and microwave on high for another 30 seconds. Mix again.
2. Add the egg and combine well. Add salt, almond flour and mix until well combined.
3. Place the dough on a heatproof baking mat and use your hands to flatten ...
4. ... until 1/4 - 1/2 inch (1/2 - 1 cm) thick. Spray some olive oil on your hands to prevent the dough from sticking. Alternatively, you can use a piece of parchment paper on top and roll the dough out until thin. Dock the dough with a fork and bake in the oven preheated to 220 °C/ 425 °F for 12-15 minutes.
5. Remove from the oven and spread the marinara sauce on top. Add fresh mozzarella slices.
6. Place back in the oven for 5 minutes. Remove from the oven, top with fresh basil, rocket, Parmesan cheese and drizzle with extra virgin olive oil.
7. Slice and serve hot or cold. Enjoy!

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