

KETO KITCHEN

PIZZA

PINK SAUCE

Ratio: 5.5:1

Total recipe: 1484 Kcal, 152.6 grams fat,
8 grams protein, 19.8 grams net CHO

Keto Pizza Sauce (previous recipe)	300 g
Heavy cream	200 g
Garlic, granulated	2 g
Salt	2 g
Black pepper	1 g

DIRECTIONS:

1. Measure all ingredients; whisk everything together (or use emersion blender)
2. If using for pizza, best done if everything is cool



PIZZA CONSTRUCTION

Ratio: 1.6:1

Total recipe: 337 Kcal, 29.3 grams fat,
12.7 grams protein, 5.71 grams net CHO

Pizza dough	45 g
Tomato sauce	15 g (pink-12)
Mozzarella, shredded	15 g

DIRECTIONS:

1. Bake dough at 350F for 8 minutes between parchment paper then flip and bake uncovered for another 3-5 minutes; for crispier crust, add more time
2. Add toppings then bake for 2-4 minutes until cheese is melted