

KETO KITCHEN

PIZZA

Ratio: 1:1, 8 servings ~45 grams each
174 Kcal, 13.8 grams fat, 9 grams protein,
3.5 grams net CHO

DOUGH:

Mozzarella cheese, shredded	150 g
Cream cheese	31 g
Almond flour, fine	135 g
Baking powder	10 g
Egg, whisked	40 g

Equipment needed: microwave-safe bowl, rubber spatula, gram scale, sheet pan—optional small sauté pan

DIRECTIONS:

1. Gather and measure all ingredients; preheat oven to 350F
2. Heat medium saute pan over medium low heat; add shredded mozzarella and cream cheese to pan and lower heat
3. Using a rubber spatula, stir constantly, make sure to scrape edges
4. Once the mixture is completely melted, remove from heat; let sit approximately 30 seconds
5. Add baking powder, egg, and majority of the almond flour to the pan with cheese; mix well
6. Remove to medium bowl or countertop and knead in remaining almond flour *Note: We find this helps with the texture of the overall product if mixed in separate times
7. Remove dough from bowl and knead until it resembles a semi-smooth ball
8. Note: This dough can be chilled or frozen for later use (defrost completely before kneading again or baking)
9. Take dough and divide into 8 equal pieces (45g)
10. Place on parchment-lined sheet pan and bake for 12-18 minutes
11. Let cool and store in airtight container or serve immediately



TOMATO SAUCE/PIZZA SAUCE

Ratio: 5:1

Total recipe: 2935 Kcal, 299.5 grams fat,
13.6 grams protein, 46.4 grams net CHO

Extra virgin olive oil	297 g
Basil, fresh	9 g
Black pepper	5 g
Garlic, minced	10 g
<i>(also tried heating whole cloves in oil, then removing when fragrant, flavor was better, but can be tedious)</i>	
Crushed tomatoes, canned	794 g*
<i>*(used based off 28 oz can found in store, I weighed out to the gram)</i>	

DIRECTIONS:

1. Heat garlic in oil until fragrant; add tomatoes and simmer for 10-15 minutes
2. Add black pepper and basil; remove from heat
3. Use immediately or cool for later use