Keto PIZZA

CLASSICS



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5 KETO PIZZA RECIPES

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Pepperoni Passion Pizza

Ingredients:

Base:

- 4 large eggs.
- 6 oz mozzarella (grated).

Topping:

- 5 oz cheddar cheese (grated).
- 2 oz pepperoni (slices).
- 3 tbsp tomato puree (unsweetened).
- 1 tsp Italian herbs (dried).

Instructions:

- Preheat oven at 200 degrees.
- To make the base, whisk the eggs and mozzarella together until well combined.
- Line a baking sheet with greaseproof paper and spread on the mixture. Bake for 15 minutes until the base is golden brown.
- Increase oven temperature to 225 degrees.
- Spread tomato puree over the base and sprinkle Italian herbs. Top with cheese and pepperoni.
- Bake for an additional 8-10 minutes until cheese is bubbling and golden brown.

Nutritional Information:
Total servings - 2
Per serving:

Fat: 92g
Carbohydrates: 5g
Protein: 51g
Calories: 1046

Thick Crust Mozzarella Sensation Pizza

Ingredients:

Base:

- 2 large eggs.
- 2 tbsp parmesan (grated).
- 1 tbsp psyllium husk (powder).
- ½ tsp Italian seasoning.
- 2 tsp olive oil.

Topping:

- 2 oz mozzarella (grated).
- 3 tbsp tomato puree (unsweetened).
- 1 tbsp basil (fresh & chopped).

Instructions:

- In a bowl, whisk all base ingredients together until well combined.
- Heat oil in a large frying pan, spoon in base mixture; creating a circle.
- When edges are browned and slightly crisp, flip and fry for an additional 30-45 seconds.
- Spread on the tomato puree, sprinkle over mozzarella and basil.
- Place under the grill for 1-2 minutes until cheese is melted.

Nutritional Information:

Total servings - 1

Per serving:

Fat: 37g
Carbohydrates: 3g
Protein: 29g
Calories: 463

Spicy Italian Herb One-Pan Pizza

Ingredients:

Base:

- ¾ cup mozzarella (grated).
- ¼ tsp garlic powder.
- ¼ tsp chilli flakes.
- ¼ tsp oregano (dried).

Topping:

- 2 tbsp red onion (finely chopped).
- 2 tbsp black olives (finely sliced).
- 1 oz pepperoni (slices).

Instructions:

- In a large frying pan, sprinkle mozzarella to form a circle.
- As the cheese begins to melt, sprinkle on garlic powder, chilli flakes and oregano. Place on black olives, red onion and pepperoni.
- Cook for 7-10 minutes until the bottom and edges are browned and crisp.
- Remove the frying pan from heat and allow it to harden for 30-45 seconds.
- Cut pizza into 8 slices.

Nutritional Information:
Total servings - 2
Per serving:

Fat: 21g
Carbohydrates: 3g
Protein: 14g
Calories: 243

Monster Mushroom Pizza

Ingredients:

- 4 large, deep mushrooms.
- 20 slices of chorizo.
- ½ cup marinara sauce.
- 3 oz mozzarella (grated).

Instructions:

- Preheat oven at 190 degrees.
- Remove stems from mushrooms and finely chop.
- Place mushrooms on a baking tray and spread 2 tbsp marinara sauce into each.
- Sprinkle ¼ mozzarella into each mushroom, followed by 5 slices of chorizo.
- Bake for 20 minutes until cheese is melted and golden brown.

Nutritional Information:
Total servings - 4
Per serving:

Fat: 9g
Carbohydrates: 4g
Protein: 9g
Calories: 122

Green Pepper & Spinach Pizza Pots

Ingredients:

- 1 cup spinach (chopped).
- 1 cup mushrooms (chopped).
- 10 large eggs.
- ½ cup green peppers (chopped).
- ½ tsp paprika.
- ½ tsp chilli flakes.

Instructions:

- Preheat oven at 200 degrees.
- Lightly grease a 12 cup muffin tray.
- In a large bowl, whisk eggs and stir in paprika and chilli flakes.
- Mix in spinach, mushrooms and peppers until well combined.
- Split the mixture evenly between the 12 muffin holes.
- Bake for 12-15 minutes until thoroughly set.

Nutritional Information:
Total servings - 12
Per serving:

Fat: 55g
Carbohydrates: 1g
Protein: 7g
Calories: 139

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