

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Fathead Pizza Base

Ingredients

1 ¾ cup of grated mozzarella cheese

2 tbs of cream cheese

1 egg

¾ cup almond meal

Salt to taste

2 garlic cloves

Method

This is the pick of the bunch, that's for sure! The perfect balance of flavours and is a lovely and crisp base.

1. In a microwavable bowl place the mozzarella cheese and cream cheese and heat on high for 1 min.
2. Stir and heat for a further 30 sec.
3. Add the rest of the ingredients and stir until combined.
4. Form a ball and roll out with a rolling pin between 2 pieces of baking paper.
5. Cook in a preheated oven at 220 degrees C for 10-12mins.
6. Top with desired toppings, e.g. pepperoni, ham, tomatoes, tomato paste, mozzarella cheese.
7. Heat through in oven until cheese is melted.
8. Enjoy! xoxo



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Source: ditchthecarbs.com

Makes: 1 pizza

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au