

Keto Veggie Pizza

♥ lowcarblove.com/blog/keto-veggie-pizza

June 24, 2021



Servings: 12

Ingredients:

- 4 egg white
- ½ cup of almond flour
- ½ teaspoon of baking powder
- ¼ cup of sour cream
- ¼ cup mayonnaise
- ¼ teaspoon of salt
- ¼ teaspoon garlic powder (optional)
- ¼ teaspoon italian seasoning
- ¼ teaspoon chili flakes

Toppings of choice:

- 1 Bell pepper
- ¼ cup of red onion
- ¼ cup of black olives

- 1/3 cup of spinach
- 1/4 cup tomatoes
- 1/3 cup pizza sauce or marinara of your choice
- 1/2 cup of mozzarella cheese

Directions:

1. Preheat oven to 350
2. Mix all ingredients in a bowl.
3. Parchment line baking pan sheet (9x13)
4. Spread even the batter and tap on counter to help get more even spread and get air bubbles out
5. Bake for 15 to 20 minutes
6. Then add sauce, Cheese, and toppings.
7. Bake for 10 to 15 minutes
8. Allow it to cool and cut into slices.

Nutrition:

Nutrition per slice:

- 2g Net Carbs
- 1g Fiber
- 3g Total Carbs
- 5g Protein
- 10g Fat
- 118 Calories

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