



# The Keto Dad's Famous Pizza

Before our Keto Lifestyle we loved our Pizza and Wine Friday. Now that we're on the Keto Lifestyle... we still have Pizza and Wine Friday! It's easy and comes out perfect every time. Pair with FitVineWines or DryFarmWines!

## Here are the Ingredients You'll Need:

- 2 cups mozzarella cheese
- 1 tsp basil
- 1 tsp oregano
- 1 tsp Italian seasoning
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 C Almond Flour



## Recipe:

- Preheat your baking stone - put it in the oven when you turn start it.
- Mix the cheese and spices together and microwave for 90-120 seconds.
- Knead in 1/2 cup almond flour
- Roll flat and transfer to a preheated baking stone
- Bake at 375 degrees for 5-7 minutes
- Add toppings and bake for another 5 minutes!

## The Keto Dad Tips:

- Pizza Sauce - read the labels and pick the lowest carb available!
- Toppings: Your choice! This will vary your carbs/protein etc. Choose wisely! We use fresh tomatoes, ground sausage and green pepper.
- Start with adding half the almond flour, work it in with a spoon, then the other half. It works great!
- No baking stone? A cookie sheet with Parchment paper works fine!

**Serves:** 3

**Macros:** Fat 27g, Carbs 6g, Fiber 2g, (Net Carbs 4) Protein 21g. Macros will vary based on additional toppings.

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