

CHEESE PIZZA

Modified Keto

290 kcal	2.8 net carbs
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Measurements	Ingredients	Net Carbs
2 Tbsp.	Bob's Red Mill® soy flour	2.5
2 tsp.	Egg, raw	
1 Tbsp.	Shredded mozzarella cheese, part skim	
2 Tbsp.	Mayonnaise	
2 tsp.	Rao's Marinara Sauce®	0.26
	Pinch of oregano, basil, salt, garlic powder	

DIRECTIONS

- Preheat oven to 350° F.
- Mix egg, soy flour, mayonnaise, and a pinch of salt to create a dough.
- If batter is dry, add a small amount of water until soft.
- Spread the dough thin on a parchment paper lined baking sheet in the shape of a circle to make the pizza crust. Edges should be slightly raised.
- Bake for about 15 minutes until golden brown.
- Remove from the oven and let the crust cool.
- While the crust is cooling, mix tomato sauce, basil, oregano flakes, and a pinch of garlic powder to make the pizza sauce.
- Spread the pizza sauce over the cooled pizza crust.
- Top with the shredded mozzarella cheese.
- Return to the 350° F oven for about 2 minutes until the cheese has melted.

VARIATIONS

- A different flour can be used such as almond flour to make the crust.
- If additional carbohydrates are needed for your child's personal meal plan, vegetables such as black olives or broccoli can be sliced and added on top of the pizza.
- Additional marinara sauce may be added to the topping.
- If additional fat servings are required for your child's personal meal plan, olive oil can be added to the tomato sauce topping.