

## PIZZA



	Ingredients	Exchanges
Protein	9 gm fresh whole egg	0.6 (-0.6 gm fat)
	6.5 gm Bob's Red Mill® soy flour	2.1 (+1.05 gm fat)
	8.6 gm whole milk mozzarella cheese, shredded	1 (-1 gm fat)
Fat	29.5 gm mayonnaise	6 (-0.55 gm)
Carbohydrate	15 gm tomato sauce	1.3
Other	Salt, garlic powder, and dried oregano	

*Recipe developed by Cagla Fenton & Sue Groveman*

### DIRECTIONS

- Preheat oven to 350° F.
- Combine the soy flour, mayonnaise, and raw egg together to form the crust.
- Sprinkle with a pinch of salt and stir until smooth.
- Cover a baking sheet with parchment paper.
- Scoop mixture onto the parchment paper forming a mound.
- Spread the mixture into the shape of a circle, forming an individual sized pizza.
- Bake for 10-15 minutes or until golden brown.
- Once the crust is cooked, spread the marinara sauce over top and sprinkle with mozzarella cheese.
- Sprinkle the dry seasonings overtop of the cheese for added flavor.
- Place back into the oven for an additional 5 minutes to melt the cheese.

### VARIATIONS

- Extra carbohydrate exchanges can be used as vegetables for pizza toppings, or as mashed cauliflower in the crust.
- Use less soy flour and eggs with more cheese for a smaller, cheesier pizza.
- Marinara sauce can be used in place of tomato sauce.
- The crust can be batch cooked and frozen (without the toppings) in individual sandwich bags for up to 2 months. The tomato sauce and mozzarella cheese can be frozen separately.