

PIZZA- NUT FREE

Recipe developed by Paige Vondran



	Ingredients	Exchanges
Protein	7.5 gm raw egg -----	0.5 (-0.5 gm fat) -----
	3.3 gm Bob's Red Mill® gluten protein flour -----	1.5 (+1.5 gm fat) -----
	4.3 gm chopped mozzarella cheese, in crust -----	0.5 (-0.5 gm fat) -----
	5.2 gm whole milk mozzarella cheese, topping	0.6 (-0.6 gm fat)
Fat	19.9 gm mayonnaise	4 (-0.1 gm)
Carbohydrate	9.8 exc marinara sauce	1.3
Other	Salt, garlic powder, and dried oregano	

DIRECTIONS

- Preheat oven to 350° F.
- In a dry, blender/food processor cup, grind the mozzarella cheese (in crust) until finely chopped.
- In a small bowl, combine the flour, ground mozzarella cheese, raw egg, and mayonnaise.
- Season with salt and garlic powder.
- Preheat the oven to 350 degrees.
- Line a baking sheet with parchment paper.
- Scoop the pizza crust mixture onto the parchment paper, then spread into a circular shape, forming a personal sized pizza. Spread the dough to about a 1/4 inch thick, leaving the edges slightly raised.
- Bake in preheated oven for 15-20 minutes until golden brown and firm.
- Top pizza dough with marinara sauce and mozzarella cheese shreds.

VARIATIONS

- Extra carbohydrate exchanges can be used as vegetables for pizza toppings, or as mashed cauliflower in the crust.
- The crust can be batch cooked and frozen (without the toppings) in individual sandwich bags for up to 2 months. The marinara sauce and mozzarella cheese toppings can be frozen separately.
- Vegenaïse® can be used in place of mayonnaise, though the crust texture will be crispier due to the higher oil content.