

EASY KETO Pizza

LOW CARB • DELICIOUS • EASY TO MAKE



SERVES:
2–3



MAKES:
1 medium pizza
(about 8 slices)



TIP:
To double,
make two
separate pizzas



FATHEAD DOUGH BASE (KETO)



INGREDIENTS

- 1 ½ cups shredded mozzarella
- ¾ cup almond flour
- 2 tbsp cream cheese
- 1 egg
- Pinch of salt



OPTIONAL ADJUSTMENTS

- **Softer dough:**
+1 tbsp cream cheese
or smaller egg
- **Firmer dough:**
+1 tbsp almond flour



METHOD

- 1 Preheat oven to 200°C
- 2 Melt mozzarella and cream cheese until smooth
- 3 Mix in almond flour, egg, and salt
- 4 Knead into a dough
- 5 Roll out on baking paper
- 6 Prebake 8–10 minutes until lightly golden
- 7 Add toppings and bake another 8–10 minutes



OPTIONAL UPGRADE 1: CRISPY PARMESAN CRUST EDGE

- Do this after the prebake at the same time as toppings
- Brush outer edge of rolled dough with olive oil or melted butter
- Sprinkle parmesan around the crust edge only
- Gently press it into the crust (don't flatten the base)
- Bake as normal

★ **RESULT:** Crispy, salty crust without changing dough structure



OPTIONAL UPGRADE 2: CHEDDAR TOPPING

- Light sprinkle of cheddar over mozzarella before final bake

★ **RESULT:** Better flavour and browning while still melting smoothly



STORE-BOUGHT BASE OPTION

- Use low-carb pizza base or flatbread
- Follow packet instructions



SIMPLE MARINARA SAUCE (OPTIONAL)



INGREDIENTS

- 1 cup canned crushed tomatoes (no added sugar)
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ tsp dried oregano or Italian herbs
- Salt and pepper to taste



METHOD

- 1 Heat olive oil and sauté garlic
- 2 Add tomatoes, herbs, salt, and pepper
- 3 Simmer 10–15 minutes

STORAGE:

- Fridge: up to 5 days
- Freezer: up to 2 months



CORE TOPPING OPTIONS

MARGHERITA



Tomato base, mozzarella, fresh basil

HAWAIIAN



Tomato base, mozzarella, ham, small amount of pineapple

MEAT LOVERS



Tomato base, mozzarella, pepperoni, ham, bacon bits

TOMATO CHICKEN



Tomato or light cream base (look up keto version), mozzarella, shredded chicken, cherry tomatoes, spinach, red onion



EXTRA TOPPING OPTIONS (BUILD YOUR OWN)



VEGETABLES

- Red onion (raw or lightly baked)
- Mushrooms (sliced)
- Capsicum / bell peppers
- Spinach
- Cherry tomatoes
- Zucchini (thin sliced)



FLAVOUR BOOSTERS

- Olives (black or green)
- Sun-dried tomatoes (well drained)
- Capers
- Fresh basil (add after baking)



PROTEIN EXTRAS

- Salami
- Prosciutto
- Cooked chicken
- Bacon bits
- Pepperoni



LAYERING ORDER



SAUCE



MOZZARELLA



TOPPINGS



OPTIONAL
CHEDDAR ON TOP



KEY TIPS

KEY TIPS

- ✓ Do not overload toppings (keeps base crispy)
- ✓ Keep mozzarella as main cheese for structure
- ✓ Slice vegetables thin for even cooking
- ✓ Use sun-dried tomatoes sparingly due to strong flavour



FINISH BEFORE BAKING

SEASON WITH:

- Salt and pepper
- Italian herbs or garlic salt



OPTIONAL:

- Parmesan sprinkle after baking

