



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Air Fryer Pizza or Regular Oven

*5.27g of Net Carbs (Low Carb Keto)*

Absolutely delicious. Low Carb Keto Pizza.  
A picture is worth a thousand words.  
Enjoy!



### NUTRITION

*serving: 2, calories: 142kcal, carbohydrates: 3.1g, protein: 11.4g, fat: 9.2g, fiber: 0.1g, net carbs: 3g*

#### Ingredients:

- 1 Egg
- ½ cup Mozzarella Cheese
- ¼ cup Parmesan Cheese
- ½ tsp Italian Seasoning
- ½ tsp Garlic Powder

#### Instructions:

1. Fry Bacon almost cooked
2. Add Mozzarella, Parmesan, Egg, Italian Seasoning and Garlic Powder to a Bowl and Mix.
3. Microwave Ingredients for 20secs, remove mix and if needed reheat at 10secs and mix. It should be easy to mix ingredients if not reheat for another 10secs.
4. Add to Parchment Paper and mold into a pizza crust.

#### Topping

- 7-8 Pieces of Pepperoni
- ¼ tsp of each Basil, Thyme and oregano
- ½ Cheese of Choice
- 3 Slices of Bacon
- 4-5 tbsp Low Carb Pizza Sauce (see video description for links)

5. Add to Air Fryer on 375F for 5mins or Oven on 400F for 10mins or until top of crust is golden brown.
6. Remove and flip over, you will now add toppings to what was the bottom.
7. Add Seasoning, Sauce and Toppings.
8. Cook in Air Fryer for 7-10mins on 375F or Oven on 400F for 10-15mins until topping are golden brown. Enjoy!