



Healthy Keto with  
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MOVING TO AN HEALTHIER LIFESTYLE

# Guilt Free Pizza Crust Recipe - The Game Changer

*2g NET Carbs (Low Carb Keto)*

Super healthy and extremely light crust. Lots of air bubbles with only 2g net carbs per slice. Make this delicious crust as often as you like. Enjoy!

## INGREDIENTS

¾ cup vital wheat gluten  
¼ cup flaxseed meal  
¼ cup oat fiber  
1 tablespoon monkfruit sweetener  
¼ teaspoon xanthan gum



8 servings - 1 serving = NET CARBS: 2g / FIBER: 5g /  
PROTEIN: 10g / FAT: 4g / CALORIES: 86

Pinch of salt  
3 teaspoons instant dry yeast  
½ cup (120mL) warm water  
1 teaspoon (7g) honey (to feed the yeast)  
1 large egg at room temperature  
1 tablespoon (15g) softened unsalted butter

## Instructions:

1. Add all dry ingredients to mixing bowl. Mix these ingredients together.
2. Add Honey and Dry Yeast to the Warm Water. Leave for 10mins.
3. Add egg to the mixing bowl.
4. Add yeast mixture to the mixing bowl.
5. Mix all ingredients together until it forms a ball (if you're using a table top mixer), if using your hands, you should be able to form a dough without it sticking to your hands. Sprinkle more oak fiber or wheat gluten as needed until dough no longer sticks to your hand. The kneading process should take about 15mins.
6. Form dough into a ball, cover bowl and let sit in a warm place for 1 hour or until doubles in size.
7. Roll out dough on a stone or pizza pan. Try to stretch the dough as much as possible so you can save a lot of the air bubbles trapped inside the dough.
8. Once desired size is formed use a fork to poke holes in dough to prevent massive air pockets from forming. Bake on 350F for 10mins.
9. Add low carb sauce to precooked crust. (Link to sauces in description of video). Add toppings with cheeses then bake for 15-18mins on 350F.
10. Cut pizza in 8 slices and enjoy!