



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Pizza Carbquik Crust

2g NET Carbs (Low Carb Keto)

Easy and simple pizza crust recipe, 2 main ingredients are water and carbquik powder. Low Carb Keto Healthy option for pizza.



8 Servings - 1 serving = Cal 110g / Fat 7g / Carbs 16g / Net Carbs 2g / Protein 6g / Fiber 14g

INGREDIENTS

1.5 cups Carbquik
3/4 cup hot water
1/2 cup low carb pizza sauce
3-4 tbsp Italian seasoning

Toppings

1/2 -1 cup shredded cheese
1/2 cup cooked bacon
1/2 cup cooked Sausage

Instructions:

1. Add Carbquik mixing bowl then add hot water. Mix until you have a dry dough, add more carbquik if needed. The dough should not be sticky. Knead dough for 2-3mins.
2. Roll out dough, add sauce, Italian seasoning, toppings and cheese.
3. Bake on 450F for 12-15mins or until the bottom and edges of crust is brown.