

FAT HEAD PIZZA CRUST

Serves 2 to 4. Make one 12-inch (30cm) thin crust.
By Dennis W. Viau; modified from several internet recipes.

The idea for this pizza crust came from a recommendation by one of the fans of my YouTube channel. I had never heard of Fat Head Pizza Crust, but a little research on YouTube and the internet revealed a wealth of information. It's an easier keto friendly crust to make than the cauliflower pizza crust I published earlier. It's simple, only four ingredients.



Ingredients:

1½ cups (6¼ oz. / 175g) shredded mozzarella cheese
2 tablespoons (1 oz. / 28g) cream cheese or ricotta cheese
¾ cup (2¾ oz. / 80g) almond flour (ground almonds)
1 large egg
Plus parchment paper and a pizza pan or baking sheet

Directions:

Start heating your oven to 425°F (220°C). Place the mozzarella and cream cheese in a medium size microwaveable bowl. In a separate bowl beat the egg until mixed well.

Microwave the cheese mixture 1 minute, stir, then microwave another 30 seconds. Stir to combine. The mixture should be hot, but not hot enough to cook an egg.

Add the egg and almond flour and mix again until thoroughly blended. An electric mixer works well. Transfer to a sheet of parchment paper.

Spread the “dough” on the parchment paper with your hands (wetting your hands can help prevent sticking) to form a thin layer. Use a rolling pin or other rolling device to roll the dough into a thin pizza crust. (Placing a second sheet of parchment paper on top can make this step easier.) Note: If the cheese is too stringy to shape, it might have cooled too much. Soften it again in the microwave about 20 seconds.

Poke holes all over the crust with a fork to help reduce bubbling (or use a docking roller). Place on a suitably sized pizza pan or baking sheet, leaving the bottom sheet of parchment still in place. (Remove the top sheet, if used.)

Bake for about 8 minutes, then check for bubbles forming. Poke holes into the bubbles to deflate them. Continue baking for an additional 6 to 10 minutes (longer if necessary) until lightly browned on top.

Remove from the oven and dress with your favorite pizza toppings. Return to the oven and bake until the cheese melts and browns a little on top and the edges of the crust are well browned, 8 to 10 minutes.

Transfer to a cooling rack and let cool for several minutes. Then transfer the pizza to a cutting board to cut for serving.