

Keto Pizza with Cottage Cheese Crust

Prep time: 10 mins | Cook time: 20 mins | Serves: 1–2 | Approx. 500 kcal per serving

Ingredients

For the Crust:

- 1 cup (200g) cottage cheese
- 2 large eggs
- ½ cup (50g) mozzarella cheese, shredded
- 2 tbsp almond flour (or 1 tbsp coconut flour)
- ½ tsp baking powder
- Pinch of salt & pepper
- ½ tsp Italian herbs or oregano (optional)

For the Topping:

- 2 tbsp tomato sauce (sugar-free)
- ½ cup (50g) mozzarella cheese, shredded
- 6–8 slices pepperoni or cooked chicken
- Fresh basil or parsley for garnish

Instructions

1. Preheat oven to 200°C / 400°F and line a tray with parchment paper.
2. Blend or whisk cottage cheese, eggs, mozzarella, almond flour, baking powder, and seasoning until smooth.
3. Spread mixture into an 8-inch circle and bake for 15 minutes until golden.
4. Add tomato sauce, mozzarella, and pepperoni; bake another 5–7 minutes.
5. Garnish with herbs and cool slightly before slicing.

Nutrition (Approx. per serving)

Calories	Protein	Fat	Carbohydrates	Fibre	Sugar
500 kcal	45 g	35 g	6 g	1 g	2 g