



Nicola Lonie

K E T O P I Z Z A

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

Calories ; 500 kcal

Protein : 45 g

Fat : 35g

Carbohydrates : 6g

Fibre : 1g

Sugar : 2g



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