



# Low Carb Pizza Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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*Please refer to my website for the nutritional counts for these recipes.*

## CHEESE CRUST PIZZA

### Crust:

3 ounces mozzarella cheese, shredded

1 ounce cheddar cheese, shredded

1 egg

Pinch garlic powder

Pinch basil

### Toppings:

2 tablespoons pizza sauce

12 slices pepperoni

2 ounces cooked, crumbled Italian sausage (about 1/2 cup)

1-2 fresh mushrooms, thinly sliced

1 ounce red onion, very thinly sliced

2 ounces mozzarella cheese, shredded

Pinch garlic powder

Pinch basil

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Line a 9-inch round cake pan with parchment paper or nonstick foil. In a small bowl, mix the crust ingredients well. Dump the crust mixture into the pan and spread in an even layer with your fingers. Be sure to completely cover the bottom of the pan. Bake at 450° for 5 minutes then turn the oven down to 400° and bake another 4-5 minutes until the crust is nicely browned on the top and bottom. Don't let it get too dark around the edges.

Keep the oven rack in the center position and turn on the broiler. Spread the sauce over the crust and top with about two thirds of the cheese. Arrange the meats, mushrooms and onions over the cheese as desired. Sprinkle the remaining mozzarella cheese over the toppings to help hold them on. Broil the pizza until the toppings are hot and the cheese is melted and bubbly, about 4-5 minutes.

Makes 2 servings



## DEEP DISH PIZZA

### CRUST:

4 ounces cream cheese, softened  
2 eggs  
1/4 cup parmesan cheese (1 ounce)  
1/4 teaspoon oregano or Italian seasoning  
1/4 teaspoon garlic powder  
8 ounces mozzarella cheese, shredded

### TOPPINGS:

1/4 cup pizza sauce  
4 ounces mozzarella cheese, shredded  
Assorted toppings: pepperoni, ham, sausage, 4 ounce can mushrooms,  
green peppers, bacon, ground beef, etc.  
Dash of garlic pepper or garlic powder and Italian seasoning for top of  
pizza

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Put the softened cream cheese, eggs, parmesan cheese, seasonings and 8 ounces of mozzarella in a medium bowl. Mix with a spoon until well-blended. Spread the cheese mixture evenly in a well-greased 9x13" glass baking dish or a 9x13" rimmed baking sheet that is lightly greased and lined with parchment paper. Bake at 375° 20-25 minutes or until evenly browned, but not too dark. Let cool completely on a wire rack.

Refrigerate, uncovered, until shortly before serving time. Chilling the crust before topping the pizza is optional. You can top it and do the final baking right away.

Spread pizza sauce over the crust. Top with the cheese and toppings of your choice. Sprinkle with the seasonings of your choice. Bake at 375° about 15-20 minutes or until toppings are hot and bubbly. Let stand a few minutes before cutting.

Makes 8 servings

## FAT HEAD PIZZA CRUST

6 ounces mozzarella cheese, shredded (1 1/2 cups)

3 ounces almond flour (3/4 cup)

1 ounce cream cheese (2 tablespoons)

1 egg

Garlic salt, to taste

Toppings \*

Combine the mozzarella, almond flour and cream cheese in an 8-cup measuring cup or a large microwave-safe bowl. Microwave on HIGH for 1 minute. Stir then microwave again for 30 seconds more. Stir in the egg and a little garlic salt until you get the consistency of soft bread dough.

With wet hands, pat the dough into an 11-inch circle on a parchment-lined pizza pan or make a rectangle on a lined baking sheet. Don't pat the dough too thin or it might burn. Dock the dough by pricking it all over with a fork. Bake the crust at 425° for 12 minutes until brown but not too dark.

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Add the toppings of your choice and bake about 10 minutes to melt the cheese.

Makes 6 large slices

\* Toppings should be cooked and at room temperature or warm due to the short baking time.



## INDIVIDUAL PIZZA WITH PORK RIND PIZZA CRUST

### Crust:

1/4 cup ground pork rinds (about 1/2 ounce)

1/4 cup parmesan cheese (1 ounce) \*

1 egg

1/2 teaspoon Italian seasoning

### Toppings:

3 small fresh mushrooms, thinly sliced

1 ounce red onion, thinly sliced

1 teaspoon butter

2 ounces mozzarella cheese, shredded

Pinch garlic powder

Mix the crust ingredients well with a spoon in a small bowl. Line a 9-inch individual size pizza pan or cake pan with parchment paper or nonstick foil. Pour the mixture into the pan and spread it to the sides with your hands, wetting them to prevent sticking. Spread the batter as evenly as you can. Bake at 350° about 10 minutes until set and slightly browned. Don't let it get too brown. *(continued on the next page...)*





Meanwhile, sauté the mushrooms and onions in the butter until tender. Remove from the heat and set aside. Remove the crust from the oven and preheat the broiler, keeping the oven rack in the center position. Top the crust with the mozzarella cheese then the mushroom and onion mixture. Sprinkle with garlic powder. Broil the pizza until the toppings are hot and the cheese is melted and bubbly, about 3-5 minutes.

Makes 1 serving

\* I used the kind that comes in a green can.



## **MOST AWESOME INDIVIDUAL PIZZA**

3 tablespoons flax meal  
2 tablespoons parmesan cheese  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon baking powder  
Sweetener equal to 1 teaspoon sugar, optional  
1 teaspoon Italian seasoning  
1 egg  
2 teaspoons water  
1-2 teaspoons oil  
Toppings of your choice

Mix the dry ingredients; add the egg, water and oil. Spray a microwaveable dinner plate with cooking spray. Spread the batter on the plate in a circle. Microwave on HIGH 1 minute 40 seconds.

Meanwhile heat a little oil in a medium skillet on about medium heat; slide the crust off the plate and into a skillet. Brown on both sides. Place the crust on a baking sheet; add the toppings of your choice. Bake at 350° about 15 minutes until hot and bubbly.

Makes 1 serving



## MY FAVORITE PIZZA

### Crust:

8 ounces mozzarella cheese, shredded  
4 tablespoons butter, cut in chunks  
1 clove garlic, minced  
1/4 cup ground pork rinds (18 grams)  
2 tablespoons coconut flour (17 grams)  
1 egg

### Toppings:

2-4 tablespoons pizza sauce  
8 ounces mozzarella cheese, shredded  
1 ounce pepperoni slices (about 16)  
1/2 cup green pepper, chopped or sliced  
1/4 cup onion, sliced

### For the crust:

Put 8 ounces of mozzarella and the butter in a large microwaveable bowl or 8-cup glass measuring. Microwave on HIGH about a minute. Stir the cheese and butter. If necessary, microwave 30-60 seconds more until they are completely melted. Add the garlic, pork rinds, coconut flour and the egg and stir vigorously with a wooden spoon. It will eventually come together into what looks like bread dough.

Line a 12-16 inch pizza pan with parchment paper. Scrape the dough out of the bowl and onto the paper. With your hands, gently push the dough into a circle that nearly covers the entire pan. If the dough is sticky, wet your hands a little. My pan is 16 inches and I pat my crust to about 12 inches in diameter. You can make a slight ridge around the perimeter if you like. Dock the dough with a fork to make small holes over the entire surface. Bake at 400° for about 10 minutes until the crust has browned but isn't too dark. It will get baked more after the toppings are added so avoid over-browning it at this stage.

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For the toppings:

Spread the pizza sauce over the crust. Top with the cheese and other toppings. Bake another 10 minutes or so until the cheese is melted and bubbly. Remove the pizza from the oven and let it stand about 5-10 minutes before slicing.

Makes 6-8 slices



## **PIZZA SAUCE**

8 ounce can tomato sauce

2 tablespoons tomato paste

1/2 cup water

Sweetener equal to 2 teaspoons sugar

1/4 teaspoon garlic powder

1/2 teaspoon dried basil, or to taste

Bring all of the ingredients to a boil in a small saucepan. Partially cover the pot and simmer over low heat for 1 hour.

Makes about 1 cup

## PIZZA TOPPINGS CASSEROLE

1 pound bulk Italian sausage  
8 ounces fresh mushrooms, sliced  
4 eggs  
1/2 cup heavy cream  
1/4 cup pizza sauce  
1/4 teaspoon garlic powder  
1/2 teaspoon Italian seasoning and/or basil  
3 1/2 ounces pepperoni, chopped  
1/2 cup green pepper, chopped  
8 ounces mozzarella cheese, shredded  
1/2 cup red onion, slivered



Brown the sausage with the mushrooms; drain the grease. Meanwhile, whisk the eggs, cream, pizza sauce and seasonings in a medium bowl. Grease a 7x9" deep baking dish or 7x12" shallow baking dish and put in the meats, mushrooms, peppers and the mozzarella cheese. Pour in the egg mixture and mix well. Top with the red onion.

Bake at 350° for 45-55 minutes until nicely browned and a knife inserted in the center comes out almost clean.

Makes 6-8 servings



## PORK RIND PIZZA

8 ounces cream cheese, softened

3 eggs

1 cup pork rinds, finely crushed (about 3 ounces)

1/4 cup parmesan cheese

1 teaspoon Italian seasoning

1 teaspoon garlic powder

8 ounces mozzarella cheese, shredded

Toppings

Cut a circle of parchment paper to fit a 14-inch round pizza pan. Spray the pizza pan with cooking spray to help the parchment stay put then place the parchment paper in the pan.

Whisk the cream cheese and eggs until smooth in a large bowl. Add all but the mozzarella and toppings until well combined. Stir in the mozzarella.

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Drop the dough by large spoonfuls all over parchment-lined pan. Cover with two sheets of plastic wrap that have been crossed so that the entire surface is covered. With a rolling pin, roll the dough to within about half an inch the edges of the pan making it an even thickness. Remove the plastic wrap. Bake at 425° 20 minutes. Let stand 10 minutes or chill several hours.

Add the toppings and bake at 375° about 15-20 minutes longer or until the toppings are bubbly and slightly browned.

Makes 8-12 servings





## PORTOBELLO MUSHROOM PIZZA

1 portobello mushroom, stem removed  
Oil  
Salt, to taste  
Garlic powder  
1 tablespoon pizza sauce  
1 ounce mozzarella cheese, shredded  
Toppings (sausage, pepperoni, green peppers, etc.)  
Seasonings of your choice

Wipe the mushroom with a damp paper towel. Heat a little oil in a nonstick skillet over medium heat. Place the mushroom in the hot oil, cap side down, and cook until slightly browned. Flip to cook the gill side until almost tender, but not mushy. Drain on several sheets of paper towel to absorb as much water as possible.

Place the mushroom cap, gill side up, on a foil-lined baking sheet; sprinkle with salt and a little garlic powder. Spread the sauce over the mushroom, then top with half of the cheese and the toppings of your choice. Sprinkle with the remaining cheese and desired seasonings. Broil about a minute or until the cheese is melted and bubbly.

Makes 1 serving



## THIN AND CRISPY PIZZA

8 ounces mozzarella cheese, shredded  
4 ounces cheddar cheese, shredded  
3 eggs  
1 teaspoon garlic powder  
1 teaspoon basil, optional  
Toppings of your choice \*

With a wooden spoon, mix the cheeses, eggs, garlic powder and basil well in a large bowl. Line a 16-inch pizza pan with parchment paper or nonstick foil. Evenly spread the cheese mixture in the pan, almost to the edge, making it as thin as possible.

Bake at 450° 15-20 minutes until golden brown. I suggest checking it after about 10 minutes. If it's getting very dark on the edges and top, turn the oven down to 400° and continue baking until brown all over and no longer pale on the bottom. *(continued on the next page...)*



Pat off any excess grease then add your toppings. Keeping the oven rack in the center position, put the pizza under the broiler until the toppings are hot and any cheese you added is melted and bubbly, about 4-5 minutes.

Makes 8 servings

\* You may want to sauté your mushrooms, peppers and other vegetable toppings before using because the pizza will only be baked briefly with the toppings on. I also recommend pre-warming any meat toppings.

