



## Deep Dish Pizza Crust (Low Carb, Gluten Free)

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 10

### Nutrition Information Per Serving

199.7 calories, 1.93 g carbohydrate, 0.11 g fiber, 1.82 g NET carbs, 13.73 g protein, 15.27 g fat

#### Ingredients

- 6 large(s) pasture-raised eggs
- 1/2 tsp(s) sea salt
- 6 ounce(s) organic cream cheese (room temp.)
- 1/4 tsp(s) freshly ground black pepper
- 1 tsp organic garlic powder
- 1 1/2 tsp(s) dried oregano
- 8 ounce(s) organic Parmesan cheese, shredded

#### Preparation

1. Heat the oven to 350 degrees F.
2. Using a blender or food processor, mix the egg and cream cheese until well blended. Add the salt and spices and blend again.
3. Spread Parmesan in bottom of well-oiled 9 x 13 pan or large cast-iron skillet (preferable).
4. Pour egg mixture over the cheese.
5. Bake for 22-25 minutes, or until the top is light golden brown.
6. Remove from oven, add desired pizza toppings, and bake until done - about another 10-15 minutes.
7. Serve.

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