



Keto Yeasted Pizza Crust

Active Time: 30 minutes | **Total Time:** 2 hours | **Serves:** 6

Nutrition Information Per Serving

175.6 calories, 9.38 g carbohydrate, 6.92 g fiber, 2.46 g NET carbs, 6.57 g protein, 13.51 g fat

Ingredients

- 3 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 4/5 cup(s) blanched almond flour
- 1/3 cup(s) ground flax
- 1 tsp gelatin
- 2 large(s) pastured egg
- 1 Tbsp extra virgin olive oil
- 1 tsp non-aluminum baking powder
- 1/2 tsp(s) sea salt
- 1/2 Tbsp(s) apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/3 cup(s) filtered water

Preparation

1. Prepare a pizza stone or grease a baking sheet and line with parchment.
2. Add the yeast and 2 tsp. sweetener* (maple syrup or honey) to a large bowl. Heat water to 105 F - 110 F and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes.
3. Meanwhile, mix the almond flour, flaxseed powder, psyllium husk powder, baking powder, sea salt, and gelatin in a small bowl.
4. In another bowl, whisk the eggs, vinegar, and oil.
5. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine.
6. Pour in the dry ingredients and beat on medium speed to fully combine.
7. Scrape batter onto prepared pizza pan, and oil your hands. Gently shape dough with your fingers.
8. Cover with a kitchen towel (not touching crust) and place in a draft-free area to rise for 50 minutes. Your crust will rise roughly 1/2 - 1 inch.
9. Preheat oven to 350 F. Transfer pizza to oven and bake 10-14 minutes. Add toppings and return to oven to melt cheese.
- 10.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.