



Low Carb Paleo Pizza Crust

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 6

Nutrition Information Per Serving

113.5 calories, 9.06 g carbohydrate, 2 g fiber, 7.06 g NET carbs, 3.05 g protein, 8.16 g fat

Ingredients

- 1 package Wellness Bakeries Paleo Pizza Crust Mix
- 1/4 cup(s) filtered water
- 1 large pastured egg
- 1 Tbsp organic extra virgin olive oil

Preparation

1. Preheat oven to 425 F. Place a pizza stone in the oven to pre-heat (optional, but produces best results).
2. In a medium bowl, whisk the water, oil and egg (or "flax egg").
3. Add Paleo Pizza Crust Mix. Stir with a silicone spatula to form dough.
4. Place dough on a piece of parchment or on a pizza peel. Oil your hands and flatten the dough into a circle of desired thickness and diameter.
5. Carefully transfer to the pre-heated pizza stone. Bake until golden brown (12-14 minutes).
6. Remove from oven. Add toppings and return to oven for desired time.

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