



LOW-CARB PIZZA CRUSTS

By Dr. Cindy Tanzar
(Maintenance or Special Occasion)

Pizza is one of the most often requested recipes from our clients. While it is not a part of the Genesis Health Solutions weight loss plan, it is something you can learn to incorporate on occasion once you've reached your goal. These easy recipes provide a healthier, less-glycemic crust than traditional flour dough, and are able to hold up well under the toppings. As with several foods, you do have to learn to adapt your tastes for healthier versions, if you want to enjoy some of your favorites without compromising your success or risk fighting cravings again.

Since this is a maintenance recipe, there are no serving sizes given, however, two slices (pizza cut into 6 slices) would be reasonable.



CRUST#1 (Dr. Jeff's favorite – crunchier and firmer)

2 cups finely-sifted, blanched (yellow, not brown) almond flour
2 Tbsp Kerry Gold butter, melted or Extra Virgin Olive Oil
2 large eggs
1/2 tsp. Pink Himalayan salt



INSTRUCTIONS

Preheat oven to 350°F. Mix all the ingredients together to form a compacted ball of dough.

Place dough between two pieces of parchment paper and roll out evenly to 1/4" thickness. Slide the dough and parchment paper onto a pizza pan or baking sheet and remove the top piece of parchment. Poke the crust with a toothpick several times to prevent bubbling.

Prebake crust 15-20 minutes or until golden.

CRUST#2 (Dr. Cindy's favorite – flakier and more delicate)

2-1/2 cups finely-sifted, blanched almond flour

1/2 tsp. baking soda

1/2 tsp. Pink Himalayan salt

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/2 Tbsp Dry Active Yeast (won't raise dough, but adds flavor)

2 large eggs, beaten

1/4 cup avocado oil

INSTRUCTIONS

Preheat oven to 400°F. In a large mixing bowl, combine the dry ingredients. Mix together the egg and oil. Add them to the dry ingredients and mix together with a spatula, then use your hands to form a ball of dough.

Place the dough between two pieces of parchment paper. Flatten into a thick disc, then use a rolling pin to form a 12-inch circle (can do 10-inch for a thicker crust). Peel off top parchment paper and slide the bottom paper and crust onto a pizza pan or baking sheet.

Prebake crust for 10-12 minutes or until golden and crispy (thicker will take longer).



TOPPINGS

After removing crust from oven, spoon a layer of pizza sauce (with no added sugar – such as Simple Truth Organic Pizza Sauce or Rao’s Pizza Sauce) over the crust to 1/2” from the edge.

Add a variety of desired toppings and return to the oven for 10-15 minutes or until cheese is bubbly and crust edges are crispy. You can lightly broil the pizza 1-2 minutes for more browning, but watch it carefully!

NOTE: If using veggies that have a high-water content (mushrooms, tomato slices, etc.) you may want to pre-roast them for 8 minutes to avoid a soggy dough.