

Gluten Free, Keto Friendly, Almond flour pizza crust 1

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Here is a almond flour / coconut flour hybrid pizza crust recipe that you can use





Ingredients:

- 1 2/3 cup of **blanched almond flour**
- 2/3 cup of **coconut flour**
- 1 tablespoons of **xanthum gum**
- 1 cup of warm water.
- 1 Tbsp softened butter

Directions:

Preheat oven to 350.

1. Spray a pizza **pizza pan** with cooking spray or line it with **parchment paper**. With a **handheld mixer**, mix all ingredients until combined and allow to sit for 30 minutes.
2. Roll it out between 2 sheets of waxed paper and put it onto a greased pan
3. Bake in the oven for about 15 minutes.
4. One thing that I will do, is use parchment paper on top of the pizza pan. Once the pizza crust has cooked the first time, I will slide the parchment paper off of the pan and put that onto a large **pizza peel**.
5. From there I will take the pizza pan that this cooked in, and turn it upside down and put it to top of the pizza crust (so the top of the pizza crust now becomes the bottom). I will then use the Pizza peel to flip it so that the pizza is now back in the pan. I will then cook it for about 5-10 minutes longer to give it a nice crispy crust for the pizza. (this is the flip method that I use for the **Cream Cheese pizza**

crust

Allow crust to cool for 10 minutes

Nutrition Facts

Servings 3.0

Amount Per Serving

calories 239

% Daily Value *

Total Fat 15 g 23 %

Saturated Fat 6 g 32 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 10 mg 3 %

Sodium 89 mg 4 %

Potassium 0 mg 0 %

Total Carbohydrate 20 g 7 %

Dietary Fiber 13 g 52 %

Sugars 2 g

Protein 7 g 14 %

Vitamin A 3 %

Vitamin C 0 %

Calcium 3 %

Iron 21 %