

## Fathead keto pizza dough (courtesy of Amy Williams)

This is the recipe for my keto pizza crust (aka "fathead" dough):

2 cups shredded mozzarella  
3 tablespoons cream cheese (1.6 oz)  
1 cup almond flour  
1 large egg  
Any seasonings you like (i.e. turmeric, rosemary, oregano, garlic powder, etc.)

Preheat your oven to 400. In a microwave-safe bowl, mix cream cheese, mozzarella, almond flour, and any seasonings. Microwave for 60 seconds. Remove and stir until combined. If it needs longer, Microwave in 30 second increments until you can mix it up smoothly. Add egg and combine (this takes some elbow grease). Then, drop the dough on a piece of parchment paper.

At this point, I divide it in half and set half aside to freeze for later. For the remaining half, I set another piece of parchment paper on top and roll it out with a rolling pin between the parchment papers.

Once it reaches the thickness you want (around 1/4 inch is what I aim for), remove the top sheet of parchment paper. Set the rolled-out dough on its sheet of parchment paper on a pizza pan and poke holes in it with a fork. Bake for 10 minutes. Remove and flip the crust off the parchment paper to bake directly on to pizza pan for 3 more minutes.

Remove and load with your favorite pizza toppings for 5 minutes to 8 minutes, depending on how full you load it.

Remove and cut and chow down!

This dough can be wrapped in plastic wrap and frozen for a good long while. Just thaw it out when you're ready to use it.

Also, a helpful tip: wax paper will not work as a substitute for parchment paper.