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# Fathead Pizza Dough

YMCA of Northern  
Rock County

Servings: 8

## Ingredients:

- 1 1/2 cup mozzarella cheese, shredded
- 2 tbsp. cream cheese, cut into cubes
- 1 large egg, beaten
- 3/4 cup almond flour

## Directions:

- Step 1 - Preheat oven to 425 degrees F. Line a baking sheet or pizza pan with parchment paper.
- Step 2 - Combine shredded mozzarella and cubed cream cheese in a large bowl. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated.
- Step 3 - Stir in beaten egg and almond flour. Knead with your hands until a dough forms. If dough becomes hard before fully mixed, microwave for 10-15 seconds to soften it.
- Step 4 - Spread dough onto lined baking pan to 1/4" or 1/3" thickness, using your hands or a rolling pin over a piece of parchment paper. Use a toothpick or fork to poke lots of holes throughout crust to prevent bubbling.
- Step 5 - Bake for 6 minutes. Poke more holes in places where bubbles are forming. Bake for 3-7 more minutes, until golden brown.
- Step 6 - Top with pizza sauce and toppings and return to oven for about 10 minutes, or until heated through. Cut into 8 slices.



## Nutritional Information:

- Calories: 144
- Fat: 12g
- Carbs: 3g
- Protein: 8g

Recipe courtesy of:  
<https://www.wholesomeyum.com/recipes/fathead-pizza-crust-low-carb-ke-to-gluten-free-nut-free/>

## DID YOU KNOW?

Have you ever tried Fathead pizza crust? It is amazingly similar to regular flour-based dough, with the added benefits of being gluten-free and lower in carbs. It's super easy to make and very filling, so you might find yourself eating less, but feeling full longer! - Kelly Jones, Y Personal Trainer