

The Holy Grail of Keto:Low-Carb Pizza Crust

Let's face it: Americans love pizza. And it's not just a summer fling; we have a vigorous, healthy, long term relationship with that crispy, melty, saucy little pie of savory goodness, and it doesn't look like it's going to end any time soon.

But with all the carbs in the crust, what's a ketoan to do? Well first of all, don't despair: the toppings are usually very keto-friendly. Remember how your mom always yelled at you for eating the toppings off the pizza? *Now you get to do it, guilt-free!* I've gotten so good at this trick that it seems a strange, distant memory that I once too noshed on pizza crust. (The only downside is having to consume half a pizza's worth of topping to be full and risking the ire of little old ladies' sense of culinary thriftiness.)

However, there is an alternative. Inventive keto eaters have been experimenting with everything from cauliflower to ground beef to come up with a low carb crust; and after trying several recipes I think I've hit upon the best of the bunch. As a bonus, it's also gluten free!

Holy Grail Pizza Crust

1 1/2 cups shredded cheese (a mixture of mozzarella and cheddar is best)
1 dollop of cream cheese (1-2 Tbsp)
3/4 cup plus or minus 1-2 Tbsp almond meal
1 egg

Preheat oven to 425 degrees.

Place the cheese in a med bowl; microwave till melted. LET IT COOL enough to handle with your hands; be patient, or you'll burn yourself (ask me how I know this.)

Once you can handle it safely, add the cream cheese and egg and almond flour; mix with your hands until it forms a ball. This will be quite sticky at first; almond meal varies from batch to batch, so add carefully until you get the right consistency. If you've ever made pizza dough, you'll be surprised how much like flour dough it feels - and tastes! If you've never made dough before, don't worry, you'll get the hang of it.

Set the dough aside. On a cookie sheet, spread a sheet of parchment paper. Carefully spread the dough out on the parchment paper; don't worry too much about making it fit the cookie sheet, just spread it out fairly thin and even. Place in oven and bake till edges start to turn golden brown.

Remove the cookie sheet from the oven; top with your favorite toppings. (Be careful not to glop on too much tomato sauce, it's fairly high in carbs). Load on the meat, veggies and cheese, baby!

Return to the oven on the top rack till cheese is melty and the edges of the crust brown nicely. I don't need to tell you what to do with it from here; I'm sure you can handle this part.

This dough seriously tastes amazing, and it reheats well too. At last, we can have our pizza and eat it too! (Cue the romantic music.)