

Basic Fat Head Dough Recipe

Servings: 6

Ingredients:

- 1 ½ C. shredded mozzarella cheese
- 1 ½ C. almond flour
- 2 oz. cream cheese
- 1 large egg
- 1/8 teaspoon salt
- Optional ½ to 1 teaspoon dried herbs of choice
- Optional ½ to 1 Tablespoon baking powder (leave out for pizza dough)

Instructions:

1. Stir and warm the shredded cheese and cream cheese in a bowl. (microwave, double broiler, or bowl in a pot of simmering water)
2. In separate bowl, whisk egg and then stir in flour and the rest of the dry ingredients.
3. Combine all ingredients and stir till well mixed.
4. Chill ingredients in fridge or freezer.
5. Roll out between two pieces of parchment paper or hand shape dough.
6. Bake on parchment paper for 12 to 15 minutes at 425°F until browned.
7. Remove from the oven, let cool, and serve.

Nutrition: 215 calories, 18.6g fat, 9.3g protein, 6.5g carbs, 2.6g fiber, 3.9g net carbs