



Coconut flour pizza base

Quick to make and delicious. No cauliflower was harmed in the making of this pizza base. It looks higher carb, but the majority of that is fibre. Serves 1. Per serve: Cal: 404; Fat: 23g; Pro: 24g; Carbs: 27g (Fibre: 19g).

Serves: 1, Prep time: 00:05, Cook time: 00:16

Instructions

Preheat oven to 170 degrees Celcius and line a baking tray with baking paper, and grease with a little coconut oil.

In a small bowl, add ingredients and mix until a soft batter is formed. Use your hands to form a pizza base on the baking tray.

Bake for around 6-8 minutes, then take out and carefully flip to continue cooking on the other side.

Top with your favourite toppings and pop back in oven to bake. This has tomato paste, herbs, sundried tomatoes, chicken, spinach and mozzarella on it (not included in nutritional information).

Ingredients

- 0.25 cups Coconut flour
- 2 Eggs
- 1 tablespoon Coconut oil
- 1 Salt, Himalayan