

Pizza Crust



Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

2 eggs

4 oz. cream cheese (softened)

¼ cup parmesan cheese (grated)

¼ tsp. Italian seasoning

¼ tsp. garlic powder

¼ tsp. onion powder

1 ¼ cup mozzarella cheese (shredded)

Nutrition Facts

Serving Size: 1 slice

Calories: 167

Protein: 12 g

Carbs: 2 net g

Fat: 12 g

Directions:

1. Preheat oven to 375. Line a 12 inch pizza pan with parchment paper.
2. In a large mixing bowl, using a hand mixer, cream together cream cheese and eggs.
3. Next, add parmesan cheese, Italian seasoning, garlic powder, and onion powder. Mix until all ingredients are well combined. Using a rubber spatula, fold in mozzarella cheese and mix until well incorporated.
4. With a rubber spatula, scrape the mixture onto the pizza pan and spread, forming a nice even layer.
5. Bake on the middle rack for 20-25 minutes. If you like a crispier crust, you can cook it longer. Just be sure to keep checking on it so it doesn't burn.
6. When the crust is done baking, let it cool on a cooling rack while still on the parchment paper but not on the pizza pan. After the crust has cooled, slide a spatula under the crust to loosen it from the parchment paper and put it back on the pizza pan. You are now ready to pile on your toppings and make your pizza.