

Keto Pizza In 10 Minutes | Better Than FatHead Crust



[5 from 105 reviews](#)

Keto Pizza in just 10 MINUTES! This is seriously the BEST Keto Pizza recipe. The crust is made with almond flour, and just a few other ingredients, and it SO MUCH BETTER than fathead pizza crust. This keto pizza crust actually gets crispy, and crunchy like REAL pizza crust does. It's totally delicious, totally low carb, and totally keto approved!



- **Author:** The Diet Chef
- **Prep Time:** 3
- **Cook Time:** 7
- **Total Time:** 10 minutes
- **Yield:** 8 Slices
- **Category:** Dinner
- **Method:** Baking
- **Cuisine:** Keto & Low Carb

Ingredients

SCALE

1 1/2 Cups (168g) [Kirkland's Blanched Almond Flour](#)

2 Tbsps (15g) [Coconut Flour](#)

2/3 Scoop (20g) [Unflavored Whey Protein Powder](#)

1/2 Cup (125g) [No Sugar Added Pizza Sauce](#)

1/2 Tsp [Xanthan Gum](#)

1/2 Tsp Baking Powder

Pinch of Salt

Tiny Pinch of Garlic Powder

Tiny Pinch of Onion Powder

2 Eggs

1 Tbsp (14g) [Melted Coconut Oil](#)

Instructions

1. Preheat your oven to 425 Degrees.
2. Add all of the dry ingredients to a large bowl - For BEST results [measure them out on a food scale](#) to the gram where listed.
3. *NOTE: There will be instructions in the "Notes" below on how to replace the [protein powder](#) if you don't want to use it.
4. Whisk until combined.
5. Once Combined, melt the coconut oil and add it to the bowl, along with the eggs.
6. Now use a spatula to mix and combine the ingredients until a ball of dough forms.
7. When the ball of dough becomes smooth, and the yolks have dissolved, take out a large [sheet of parchment paper](#) and add it to your work-surface area.
8. Now, add the ball of dough to the paper, and cover the dough with another large sheet of [parchment paper](#).
9. At this point you'll want to roll out the dough to about 14 inches in diameter.
10. Once the dough is 14 inches, roll up the edges of the dough to form an outer crust.
11. The crust should now be about 12 inches in diameter.
12. When the outer crust looks good, you'll want to add it (along with the parchment paper underneath) to a [pizza tray](#) and bake it for 3-5 minutes.
13. 3 Minutes if you're using the protein powder.
14. 5 Minutes if you're NOT using the [protein powder](#).
15. When it's done in the oven you'll want to add the [sauce](#), cheese, and toppings of your choice.
16. You'll also want to switch the oven over to a "broil".
17. Once you've added all of your toppings the keto pizza is ready to go back in the oven.
18. Broil the keto pizza until the cheese melts.
19. Once the cheese melts, the pizza is done!

Notes

*NOTE: If you're NOT using the [protein powder](#) you'll want to replace it with 30 grams more of almond flour. So, you'll want to use 1 $\frac{3}{4}$ CUPS (198g) [Blanched Almond Flour](#) for the crust instead of 1 $\frac{1}{2}$ cups.

Remember to subtract the fiber from carbs to get NET CARBS.

6g Carbs - 3g Fiber = 3 NET CARBS a slice

Nutrition

Serving Size: 1 Slice **Calories:** 220 **Fat:** 16 **Carbohydrates:** 6 **Fiber:** 3 **Protein:** 11.5

Find it online: <https://www.thedietchefs.com/keto-pizza/>