

LOW-CARB PIZZA CRUST

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The best Low-carb Pizza Crust with no eggs and no cheese! Keto vegan approved!

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 10 mins | 25 mins | 35 mins |

Servings: 8 slices of a 10-inch pizza crust Net Carbs: 2.7g

Calories: 57kcal Author: [Carine](#)

EQUIPMENT

- 2 [Mixing Bowls](#)
- 1 [Parchment Paper](#)
- 1 [Baking Sheet](#)
- 1 [Rolling Pin](#)

INGREDIENTS

- 1/2 cup [Coconut Flour](#)
- 1/4 cup [Almond Flour](#)
- 3 tablespoons [Whole Psyllium Husk](#)
- 1/4 teaspoon [salt](#)
- 1/2 teaspoon [Garlic Powder](#)
- 2 teaspoons [Baking Powder](#) OR 2 teaspoons of active dry yeast + 1 teaspoon of sugar (sugar feeds the yeast and NO sugar will be left in the recipe!)
- 1 cup Lukewarm water think 35C/95F bath temperature
- 1 teaspoon [Apple Cider Vinegar](#)

INSTRUCTIONS

1. Preheat oven to 430°F (220°C).

YEAST PREPARATION - OPTIONAL!

1. If you want to use active dried yeast in this recipe (recommended for a puffy crust and lovely bread flavor), you must reactivate the yeast. In a bowl, add the yeast with 1 teaspoon of sugar (don't worry, the yeast consumes all the sugar, and no sugar is left at the end of the recipe!). Cover with lukewarm water (think bath temperature, not burning water, or it would destroy the yeast). Stir and set aside 10 minutes until the yeast is activated.
2. In another medium-size mixing bowl, stir together: coconut flour, almond flour, whole psyllium husk, salt, garlic powder, and baking powder (only if you are not using yeast in the step above!).
3. Pour the apple cider vinegar and lukewarm water onto the dry ingredients and combine with a spoon. It is very liquid at first and dries out as you go, forming a pizza dough. After 30 seconds, use your hands to knead the dough. Knead for 60-90 seconds with your hands squeezing the dough to make sure the fiber mix well with the liquid and bind. Form a ball and set aside 10 minutes, in the mixing bowl, at room temperature.

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4. Lightly grease a piece of parchment paper with olive oil, place the dough ball in the center, add another parchment paper on top, and press gently/low pressure to flatten roughly.
5. Use a rolling pin to roll the dough into a disc of 10 inches. Don't press much on the rolling pin to keep a decent dough thickness and keep some air in the dough. If you roll it too thin, the dough would still be good but a lot crispier.
6. Shape puffy pizza edges. Use your fingers and artistic mind! Roll the edge of the dough into a cylinder. Don't over-press to keep some air, and it will make a puffy, crispy pizza edge. Make sure you look at my video below to watch the technique! My tip is to work the dough as if you were playing with kids' playdoh, giving the pizza edges the exact shape you want to see when out of the oven. The edges will slightly puff when baking, especially if you are using yeast but don't expect the puffy edges to form by themselves. You must shape them to make this happen!
7. Slide the piece of parchment paper (with the pizza crust on it) onto a baking tray or pizza baking rack.
8. Prebake the pizza crust for 15 minutes at 220°C/430°F.
9. Remove from the oven, spread my [keto pizza sauce](#) (or cream or any spread you love) and grated cheese of your choice (mozzarella or vegan style 'cheese' if you are keto vegan)
10. Return the pizza to the oven for 10 minutes at 220°C/430°F, then switch to grill mode for 1-2 minutes to grill the cheese on top.
11. Serve immediately.

STORAGE

1. You can make the dough the day before and store it in the fridge in an airtight container or freeze the prebaked pizza base.

NOTES

Net carbs: 2.7 grams per slice (no toppings), pizza crust serves 8 slices.

Psyllium husk: don't use Metamucil fiber supplements in this recipe. It is not the same product as whole psyllium husk fiber. Metamucil is a husk powder that is not suitable for baking keto bread. It will turn food dry, purple, or blue.

NUTRITION

| Nutrition Facts | |
|--|----------------------|
| Low-Carb Pizza Crust | |
| Amount Per Serving (1 slice (no toppings)) | |
| Calories 57 | Calories from Fat 13 |
| % Daily Value* | |
| Fat 1.4g | 2% |
| Carbohydrates 6.8g | 2% |
| Fiber 4.1g | 17% |
| Sugar 1.6g | 2% |
| Protein 2g | 4% |
| Net Carbs 2.7g | |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrition facts are provided as is from the Spoonacular API. If any doubt, you should always calculate the nutrition facts using your own method.

Net Carbs are calculated by removing fiber, erythritol from the carbohydrate content because these normally have no affect on blood sugar levels.

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