

THE BEST KETO PIZZA RECIPE (FATHEAD DOUGH)

Fathead pizza dough makes the BEST low carb keto pizza crust recipe: Crispy, chewy, and ready in 20 minutes! Includes options for almond flour or coconut flour.

Find the full recipe, including tips, step-by-step photos, and storage instructions, and save it in your account at:

<https://www.wholesomeyum.com/recipes/fathead-pizza-crust-low-carb-keto-gluten-free-nut-free/>



🕒 **Prep:** 10 minutes 🕒 **Cook:** 10 minutes 🕒 **Total:** 20 minutes

👤 **Author:** Maya Krampf from WholesomeYum.com

Servings: (adjust to scale recipe)

INGREDIENTS

KETO PIZZA WITH ALMOND FLOUR:

- 1 1/2 cups Mozzarella cheese (shredded)
- 2 tbsp Cream cheese (cut into cubes)
- 1 large Egg (beaten)
- 3/4 cup Wholesome Yum Blanched Almond Flour

KETO PIZZA WITH COCONUT FLOUR

- 1 1/2 cups Mozzarella cheese (shredded)
- 2 tbsp Cream cheese (cut into cubes)
- 2 large Eggs (whisked)
- 1/3 cup Wholesome Yum Coconut Flour

INSTRUCTIONS

- 1 **Prep:** Preheat the oven to 425 degrees F (218 degrees C). Line a baking sheet or pizza pan with parchment paper. (Or for best results, preheat a [pizza stone](#) in the oven and line a [pizza peel](#) with parchment paper for preparing the keto pizza crust.)
- 2 **Mix flour and eggs:** In a large bowl or in a [food processor](#), mix the egg(s) and either almond flour or coconut flour, depending on which version you are making. (A food processor will make a fluffier crust and is easier, but it's fine to do this by hand if you prefer.)
- 3 **Melt cheeses:** In a medium bowl, combine the shredded mozzarella and cubed cream cheese. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated. (If you prefer not to use the microwave, melt the cheeses in a [double boiler](#) on the stove instead.)
- 4 **Combine:** Add the melted cheeses to the flour mixture. Process in the food processor or knead with your hands (depending on the method you are using), until a uniform dough forms, with no streaks. If the cheese hardens before it fully mixes into the flour mixture, you can microwave for 10-15 seconds to soften it.
- 5 **Form crust:** Spread the dough onto the lined baking pan or pizza peel to 1/4" or 1/3" thickness, using your hands or a [rolling pin](#) over a piece of parchment (the rolling pin works better if you have one). Use a toothpick or fork to poke lots of holes throughout the crust to prevent bubbling.

- 6 **Bake:** Bake for 6 minutes. (If using a pizza stone, slide the parchment paper from the pizza peel to the stone.) Poke more holes in any places where you see bubbles forming. Bake for 3-7 more minutes, until lightly golden. (Don't let the crust get too dark at this step, or the edges will burn by the time you cook the pizza with toppings.)
- 7 **To make keto pizza:** Pre-bake the crust as instructed above. Top with sauce and toppings and return to the oven, either directly on the pizza stone or directly on the oven rack (no parchment paper), for about 10 minutes, until hot. If desired, place under the broiler for 1-2 minutes to brown the cheese.

Serving size: 1 slice, or 1/8 of entire pizza

- Nutrition info is based on the keto pizza recipe with coconut flour, and does not include toppings. Macros for the almond flour version are very similar and can be found in the post above.
- **Check the tips above on working with fathead pizza dough!**

Recipe from [The Easy Keto Cookbook](#).

Nutrition Facts Amount per serving. Serving size in recipe notes above.

Calories	117	Total Carbs	4g
Fat	8g	Net Carbs	2g
Protein	7g	Fiber	2g
		Sugar	1g

Nutrition facts are provided as a courtesy. Have questions about calculations or why you got a different result? Please see our [nutrition policy](#).

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