

Gluten Free Grain Free Pizza

Ingredients	Amount
All whites egg whites (100% egg whites)	8 oz
Whole organic egg	1 large
SRY allowed flour*	½ Cup
Flax meal	2 TBS
Turmeric	1 teaspoon
Black pepper	1 teaspoon
Paprika	1 teaspoon
Braggs Apple Cider vinegar	2 TBS
Lean Ground Beef	1 lbs
White mushrooms (thinly sliced)	2 large
Yellow sweet pepper (thinly sliced)	½ a medium
Red sweet pepper (thinly sliced)	½ a medium
Red onion t pepper (thinly sliced)	½ a medium
Basil leaves chopped	¼ Cup
Fresh garlic	3 cloves
Almond Cheese	4 oz
Parmesan cheese (optional)	2 TBS

Preparation:

- Mix egg whites, 1 egg, and spices in a mixing bowl.
- Add almond flour and apple cider vinegar and mix well; use a mixer if available. (this is the pizza dough)
- In a large non-stick pan, pre-heat oil on medium. Sautee onion and garlic until golden brown.
- Add ground beef and cook well until brown.
- Add mushrooms to the meat and cook together.
- Lightly coat a non-stick pizza pan with oil.
- Pre-heat the oven at 350 F
- Spread the pizza dough on the pizza pan. This will look very thin and semi-liquid consistency)
- Cook the pizza dough in the oven for 5 minutes watching closely to avoid burning. Once the dough is cooked (NOT browned) remove from oven.
- Add meat sauce, top with sliced peppers basil leaves. Bake in the oven for 5-7 minutes.
- Add cheese on top and broil at 400 for 2-4 minutes until cheese is melted.
- Allow pizza to cool for a few minutes before slicing. Divide into 4 servings and enjoy.

*Nutrition Facts Pizza made with almond flour (please refer to Self-RenYou preferred flours for other options)

<u>Calories/serving</u>	<u>Carbohydrates (g)</u>	<u>Proteins (g)</u>	<u>Fats (g)</u>
444	8	61.3	16.3