



**BODYBUILDING.COM™**

Courtesy of Anna Sward @ Proteinpow.com

## **Protein-Packed Pizza**

### **Ingredients for the crust:**

- 1/2 cup pea protein powder (unflavored)
- 1/2 cup liquid egg whites
- 1/8 cup buckwheat flour
- 1/2 cup almond milk
- 1 tbsp coconut flour

### **Directions for the crust:**

1. Blend all of the ingredients together until you get a thick batter. Using a spoon, spread the batter onto either one or two deep-dish pans. I used two small nonstick cheesecake pans, and they worked wonderfully.
2. Bake at 320 F (160 C) for about 15 minutes or until the crust has cooked through.

### **Ingredients for the filling:**

- 1 small chopped onion
- 2 chopped garlic cloves
- 2 cans of tomatoes
- 1/2 cup of cheddar cheese (or grated mozzarella)
- 1 cup of ground beef (I used grass-fed beef)
- 1 tbsp rosemary
- 1 tbsp thyme
- Salt to taste

### **Assembly directions:**

1. Add toppings to the crust. I made mine by pan frying the onions and garlic until soft, letting the added beef simmer until cooked, throwing in the tomatoes and spices, and reducing for 30 minutes until the sauce has thickened).
2. Bake at 320 F (160 C) for about 10 minutes or until the cheese on top has melted. Top with additional cheese if desired.