



Courtesy of Anna Sward @ Proteinpow.com

Low-Carb Protein Pizza

Ingredients:

1 cup of liquid egg whites
1/4 cup of psyllium husks
1/2 cup of pea protein powder (or brown rice protein powder)
Herbs to taste (rosemary, thyme, parsley)
Garlic salt and onion granules to taste

Directions:

1. Blend or whisk all of the above ingredients together until you get a kind of thick liquid or sticky dough.
2. Spray a non-stick pan with PAM or coconut oil and heat it on high heat. Once the pan is hot-hot-hot, (so it sizzles a bit), scoop the dough into it. Spread dough with a spoon until it's in a flat, round shape.
3. Once dough cooks on one side, flip it and cook until done. Then, remove it from the pan and place it on a grill or baking tray.
4. Add your toppings to the crust. You can use whatever you'd like, depending on your macronutrient needs and taste.
5. Broil pizza for 10-15 minutes, or until the cheese melts and the sides brown.

Nutrition Facts:

One whole crust (not including toppings)
Calories: 389
Fat: 3.1 g
Carbs: 27.7 g
Protein: 62.7 g