

Coconut Flour Pizza

Prep: 5 min Cook: 15 min Total: 20 min Servings: 8

Calories: 70 Fat: 4g Protein: 5g Carbs: 3g Fiber: 1g

Ingredients

For the crust:

- 4 large eggs
- 2 Tbsp water
- 2 Tbsp everything bagel seasoning
- 1/4 cup coconut flour
- 6 Tbsp grated parmesan cheese
- Top pizza as desired

Directions

1. Preheat the oven to 400 degreesF. Line a large rimmed baking sheet with a silicone baking mat or parchment paper.
2. In a large bowl, whisk together the eggs, water, everything bagel seasoning, Parmesan cheese, and BBF Coconut Flour until smooth.
3. Let the mixture rest for 2-3 minutes to allow the coconut flour to absorb the liquid and thicken.
4. Using a rubber spatula, transfer half of the mixture onto one side of the prepared pan. Spread evenly into an 8-inch circle. Repeat with the remaining mixture on the other side of the pan.
5. Bake for about 15 minutes, or until the crust is set and the edges begin to brown. (The crust will still look fairly light at this stage.)
6. Remove from the oven and switch the oven to broil. Position the top rack about 6 inches below the heating element.
7. Add your desired toppings to each crust.
8. Broil for 2-3 minutes, or until the cheese is melted and the crust is golden brown.
9. Enjoy your Coconut Flour Pizza!