



EAT MORE BURN MORE

FAT-BURNING PIZZA



INGREDIENTS:

½ cup coconut flour
½ cup whole grain wheat flour
2 eggs
2 tsps baking powder
1 tsp garlic powder
1 cup low-fat milk
Salt and pepper to taste

Active time: 20 minutes

Cook time: 30 minutes

Yield: 4 servings

PREPARATION:

1. Preheat oven to 375 °F. Mix all ingredients in a bowl with a whisk. Set aside for a few minutes to rest the dough.
2. On a baking sheet lined with parchment paper, spread the batter with a spatula, shaping it like a pizza crust.
3. Bake at 375 °F for 20 minutes until slightly golden brown. Take out of the oven.
4. Put tomato sauce, cheese, and toppings on and bake for an additional 10 minutes until cheese is melted. Serve hot.