



Low Carb Diabetes Association

Low Carb Diabetes Association
4657 S. Lakeshore Dr. Ste. #1
Tempe, AZ 85282
Ph: 480-284-8155
Fax: 866-823-2115
www.lowcarbdiabetes.org

Nut Flour Pizza Recipe

Ingredients:

2 cups of nut meal/flour
2 eggs
2 TBSP oil
1 Teaspoon salt

Instructions:

1. Mix all the ingredients together to form a dough.
2. Preheat the oven to 350F degrees and put in pizza stone.
3. Lightly oil two pieces of parchment paper
4. Put the dough between the two pieces of parchment paper and roll it until desired thickness. A very thin crust pizza is still very sturdy.
5. Move the pizza and bottom piece of parchment paper to a pizza tray
6. Bake for 10-15 minutes—until middle is cooked
7. Take out of the oven and put desired pizza toppings on it.
8. Put pizza back in oven for about another 15 minutes—until the veggies are cooked and the cheese is bubbling.
9. Eat!