

*“A Slice Of Italy!”*

# 15 Gourmet

## Keto Pizza Recipes



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Disclaimer .....	2
Introduction .....	4
Best Ever Pepperoni Pizza .....	5
Cauliflower Crust Pizza with Mushrooms and Garlic .....	7
Italian Sausage Pizza .....	9
Supreme Pizza Casserole .....	11
Spinach Artichoke Pizza .....	13
Chicken Crusted Alfredo Pizza .....	15
Amazing Keto Meatza .....	17
Caprese Pizza .....	19
Wild Mushroom and Garlic Pizza .....	21
Kickin' Buffalo Chicken and Bacon Pizza .....	23
Veggie Pizza Frittata .....	25
Broccoli and Avocado White Pizza .....	27
Zucchini Pizza Bites .....	29
Mini Mushroom Pizza Bites .....	31
Chocolate Butter Pizza with Berries .....	33

Pizza is a universally loved dish, but if you embark on a keto diet, you may think these delicious bakes are no longer possible - but you would be wrong! We have created 'A Slice of Italy' to give you a collection of the tastiest gourmet keto pizza recipes that you and your family won't believe are keto!

There are lots of choices of bases for keto pizzas, and we have included most of them. Cauliflower, broccoli, cheese, almond flour, and coconut flour are all included here, so you can really have a go at experimenting to find your favorite. Once you have cracked your base, you can switch your toppings around and enjoy pizzas as much as you did before.

Family events and holidays always welcome a pizza, so now's the time to show off a little. We have included a traditional Caprese flavored pizza, an unusual artichoke topped bake, and a wild mushroom and garlic pizza that is oozing with Italian charm and toasted cheese that you will love.

One pizza that may surprise you is our sweet buttery chocolate pizza, great for a celebration and one that will always surprise your friends and family. Topped with delicious strawberries, it's really an irresistible treat everyone will love!

Get yourself some salads on the go to accompany your pizzas - peppery arugula-based salads are great to add to these dishes, and if you scatter some leaves on the top of your bake with a drizzle of good quality olive oil, you will look like a pro.

So, grab your apron and find a recipe to get started. Enjoy the oozing cheese and delicious crusts, and produce 'A Slice of Italy' that you'll be proud of.

*conscious keto*

# Best Ever Pepperoni Pizza



 **KONSCIOUS**



**Servings:** 6 servings



**Time:** 35 minutes

This classic flavored pizza has a tasty keto crust, and it's absolutely essential for a pizza collection. This base, known as "fathead" dough, is made from eggs, cheese, and almond flour. It's an easy crust to create if you are new to making a keto pizza, and you won't believe how close to real flour dough it turns out. Choose a good quality pepperoni for this, and enjoy a traditional slice of Italy.



## Ingredients:

### For the Crust:

- 1 ½ cups shredded mozzarella cheese
- 2 oz cream cheese, cubed
- ¾ cup almond flour
- 1 large egg

### For the Toppings:

- 1 ½ cups shredded mozzarella cheese
- ½-¾ cup low-carb pizza sauce
- 2 oz sliced pepperoni
- Optional: dried or fresh herbs, such as basil and oregano



## Instructions:

1. Preheat your oven to 425°F and line a baking sheet or pizza pan with parchment paper.
2. Put the mozzarella and cream cheese in a microwave safe bowl. Microwave for 1 minute, stir, and then microwave for another 30 - 60 seconds, or until melted and stir until smooth.
3. Stir egg and almond flour together. Mix egg and flour mixture into cheese mixture. Knead the dough with wet or oiled hands until thoroughly combined and resembling a flour dough.
4. Wet hands and spread “dough” onto parchment paper. Poke rows of holes with a fork to avoid bubbles.
5. Bake in the preheated oven for 8-10 minutes. Check the crust and poke any holes, if there are bubbles. Spread a layer of sauce onto the crust. Top with cheese, pepperoni, and herbs (if desired).
6. Return to the oven to cook for another 10 to 12 minutes or until slightly golden.
7. Let cool for 3 minutes before slicing.

## Tips:

- Feel free to add some veggies to this pie, such as mushrooms or bell peppers.

## Nutrition per Serving:

- Fat: 30.2g
- Total Carbs: 4.8g
- Fiber: 1.7g
- Sugar Alcohols: 0g
- Net Carbs: 3.1g
- Protein: 19g
- Calories: 363

# Cauliflower Crust Pizza with Mushrooms and Garlic



 KONSCIOUS



**Servings:** 8



**Time:** 40 minutes

A keto pizza can be simple to make and still give you all the flavors of Italy. This crust provides the nutrition of cauliflower, without sacrificing delicious pizza flavor. Add a little chopped bacon or ham, if you want to give it a boost of protein.



## Ingredients:

### For the Crust:

- 1 large head of cauliflower (6-7 inches in diameter) or 2 (12 oz) packages of cauliflower rice
- $\frac{2}{3}$  cup mozzarella, shredded
- $\frac{1}{4}$  cup parmesan cheese, grated
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{4}$  tsp salt
- 2 eggs, beaten

### For the Toppings:

- $\frac{2}{3}$  cup no added sugar marinara sauce
- 1 cup mozzarella, shredded
- 1 cup chestnut mushrooms, thinly sliced
- 1 clove garlic, minced
- 1 tsp dried oregano



## Instructions:

1. Preheat your oven to 400°F and line a large baking sheet or pizza pan with parchment paper.
2. Chop the cauliflower into florets and add them to a food processor. Process until the cauliflower forms tiny pieces, similar to the texture of rice.
3. Add the riced cauliflower to a microwave safe bowl, cover loosely and steam in the microwave or in a steamer basket over the stovetop for 3 minutes. Set aside to cool and then ring out as much moisture as possible by squeezing in a clean dishcloth or cheesecloth.
4. Add the cauliflower to a large mixing bowl. Add all other ingredients for the crust and mix together.
5. Spread the crust onto the prepared baking sheet to form a circle. Transfer to the oven to bake for 20 minutes.
6. Remove pizza crust from the oven. Spread a thin layer of sauce over the top. Scatter mozzarella, mushrooms, garlic, and oregano on top and return to the oven for 10-15 minutes or until done to your preference.
7. Let cool for about 2 minutes before slicing and serving.

## Tips:

- Scatter over some fresh basil leaves for extra Italian flavor!
- If you can't find chestnut mushrooms, white button or portobello mushrooms will work, as well.

## Nutrition per Serving:

- Fat: 9.5g
- Total Carbs: 7.2g
- Fiber: 2.5g
- Sugar Alcohols: 0g
- Net Carbs: 4.7g
- Protein: 10.3g
- Calories: 151

# Italian Sausage Pizza

 KONSIOUS



**Servings:** 6



**Time:** 35 minutes

This pizza base is made from a combination of almond flour and cheese, but still has the texture of a traditional thin pizza crust. Pack the topping with your favorite Italian sausage to provide an authentic pizza-pie taste!



## Ingredients:

### For the Crust:

- 1 1/3 cups mozzarella cheese
- 2 tbsp cream cheese
- 3/4 cup almond flour
- 1 tbsp white wine vinegar
- 1 egg
- 1/4 tsp salt
- A little oil to help manage the dough

### For the Toppings:

- 8oz fresh bulk Italian sausage
- 1 tbsp butter or olive oil
- 1/2 cup no added sugar tomato sauce
- 1/2 tsp dried oregano
- 1 1/2 cup of mozzarella cheese, shredded



## Instructions:

1. Preheat the oven to 400°F.
2. To make the crust, combine the mozzarella and cream cheese in a microwave safe bowl. Melt the cheeses together in the microwave for about a minute or until fully melted. Stir to combine.
3. Add the almond flour, vinegar, egg, and salt to the cheese mixture. Stir as best you can. Then, knead with greased or wet hands to fully incorporate the ingredients.
4. When ingredients are well combined, spread the crust onto a parchment paper-lined baking pan to create a circle, about 8-10 inches in diameter. If you do not have a round baking pan, you may make a rectangular or square pizza instead. Use wet or greased hands to prevent sticking.
5. Make tiny holes all over the crust using a fork and bake in the oven for about 10 minutes.
6. While the pizza crust is baking, heat butter or oil in a skillet and fry the sausage.
7. When the crust is done, top with a thin layer of tomato sauce, then a layer of meat and cheese. Sprinkle with oregano and bake for an additional 10-15 minutes.
8. Let cool for 2 minutes before slicing and serving.

## Tips:

- Toss in a few veggies, like spinach or mushrooms, or herbs like fresh basil!
- If you can't find bulk sausage, simply remove the sausage links from their casing before crumbling and frying.

## Nutrition per Serving:

- Fat: 35g
- Total Carbs: 5.7g
- Fiber: 1.8g
- Sugar Alcohols: 0g
- Net Carbs: 3.9g
- Protein: 23.5g
- Calories: 429

# Supreme Pizza Casserole





**Servings:** 4



**Time:** 45 minutes

This mouth-watering dish is a pizza extravaganza, but cooked in a casserole, and it contains all of your favorite pizza toppings: sausage, pepperoni, peppers, onions, mushrooms, and melted mozzarella cheese! This dish is also full of nutritious veggies, healthy fats, and protein that will keep you feeling full, so it is a great balanced meal for the entire family.



### Ingredients

- 1 tbsp olive oil
- ½ lb ground sausage
- ½ green pepper, diced
- ½ small onion, diced
- 2 cups mushrooms, sliced
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp garlic powder
- salt and pepper, to taste
- 1 cup canned diced tomatoes
- 1 ½ cups mozzarella cheese, shredded
- 9 pepperoni slices



### Instructions:

1. Preheat your oven to 400°F and spray an 8x8 or 9x9 inch square baking dish with nonstick cooking spray.
2. Heat the olive oil in a skillet over medium-high heat. Add the sausage and saute until browned. Transfer the sausage to the baking dish, reserving the oil in the pan for sauteing the veggies.
3. Add the green pepper, onion, and mushrooms to the skillet and saute until softened, about 5-7 minutes. Stir in the basil, oregano, garlic powder, salt, pepper, and cook for another minute. Transfer the mixture to the baking dish and mix with the sausage.
4. Top the veggie/sausage mixture with the diced tomatoes, followed by the mozzarella cheese. Lastly, arrange the pepperoni in 3 rows of 3 on top.
5. Bake the casserole for about 25-30 minutes, or until the cheese is melted and golden.
6. Let cool for 5 minutes before serving.

### Tip:

- Feel free to substitute ground beef or ground turkey for sausage, if desired.
- Customize this casserole with other favorite pizza toppings, such as ham, olives, artichokes, and jalapenos!

### Nutrition per Serving:

- Fat: 35.3g
- Total Carbs: 7.3g
- Fiber: 1.4g
- Sugar Alcohols: 0g
- Net Carbs: 5.9g
- Protein: 21.8g
- Calories: 439

# Spinach Artichoke Pizza



 **KONSCIOUS**



**Servings:** 6



**Time:** 25 minutes

This delicious low-carb pizza is bursting with flavors of garlic, artichokes, spinach, tomatoes, mozzarella, ricotta, and basil. Artichokes are rich in fiber, vitamins, minerals, and antioxidants. They may also help lower LDL (the “bad” cholesterol in the body), so they are a great addition to your diet.



## Ingredients:

### For the Crust:

- 1 ½ cups shredded mozzarella cheese
- 2 oz cream cheese, cubed
- 1 large egg
- ¾ cup almond flour

### For the Toppings:

- ½ cup ricotta cheese
- 1 ½ cups shredded mozzarella cheese, divided
- 1 cup fresh baby spinach leaves, roughly chopped
- 6 cherry or grape tomatoes, halved
- 2-3 marinated artichoke hearts, cut into quarters
- ¼ tsp garlic powder
- salt and pepper, to taste
- Optional: fresh basil for garnish
- Optional, for serving: fresh salad with olive oil and vinegar



## Instructions:

1. Preheat your oven to 425°F and line a pizza pan or baking sheet with parchment paper.
2. To make the crust, add the mozzarella and cream cheese to a bowl and microwave for about a minute. Stir and return to the microwave until the cheese is fully melted (about 1 minute). Stir until smooth.
3. Add the egg and almond flour to the cheese mixture and mix as best you can. Use wet hands to knead the dough to incorporate the ingredients thoroughly. The texture should be similar to regular pizza dough.
4. Using wet hands, to prevent sticking, spread the dough on the parchment paper-lined pan. Poke holes all over the crust with a fork and bake in the oven for about 8 minutes.
5. Remove the crust and spread a thin layer of ricotta cheese on top. Top with 1 cup of the shredded mozzarella cheese. Scatter the spinach, artichokes, and tomatoes all over the pizza. Top with the remaining ½ cup of mozzarella.
6. Sprinkle the garlic powder, salt, and pepper on the pizza and return to the oven for 10 minutes or until the cheese is melted and the crust is golden.
7. Slice the pizza and garnish it with fresh basil, if desired, and enjoy!

## Tips:

- If you don't like artichokes, feel free to sub another veggie, such as broccoli, bell peppers, or mushrooms - but you may be surprised!

## Nutrition per Serving:

- Fat: 28.3g
- Total Carbs: 5.7g
- Fiber: 1.8g
- Sugar Alcohols: 0g
- Net Carbs: 3.9g
- Protein: 19.5g
- Calories: 352

# Chicken Crusted Alfredo Pizza





**Servings:** 4



**Time:** 40 minutes

This pizza crust is made from a tasty combination of chicken and cheese and makes a great alternative to a traditional pizza base. Topped with the iron-rich spinach, it creates a balanced dish, full of flavor and packed with energy-giving ingredients.



### Ingredients:

#### For the Crust:

- 1 lb cooked chicken, shredded
- ½ cup freshly grated parmesan cheese
- 2 cloves garlic, minced
- ½ tsp salt
- 2 eggs

#### For the Toppings:

- ½ cup Alfredo sauce
- ¾ cup spinach
- ⅓ cup red onion, sliced
- 1 cup mozzarella cheese, shredded
- Optional: fresh basil for garnish



### Instructions:

1. Preheat the oven to 400°F and line a pizza pan with parchment paper.
2. Combine the chicken, parmesan, garlic, and sea salt in a medium bowl.
3. Beat the eggs, and add to the chicken mixture.
4. Spread the chicken mixture onto the prepared pizza pan and spread about a ¼ inch thick. This will serve as your pizza crust.
5. Bake for about 15-20 minutes.
6. Remove crust from the oven. Add the Alfredo sauce, spread in a thin layer. Top with spinach, onion, and mozzarella.
7. Return to the oven for about 10-15 minutes or until done to your liking.
8. If desired, garnish pizza with fresh basil before serving.

### Tips:

- Use this crust recipe as a base for other favorite pizza recipes. It is delicious topped with marinara, mozzarella, and pepperoni, as well.
- Serve this pizza with a big salad, dressed with olive oil and red wine vinegar, for added nutrients.
- Use canned chicken to save time!

### Nutrition per Serving:

- Fat: 30.9g
- Total Carbs: 6.8g
- Fiber: 1.1g
- Sugar Alcohols: 0g
- Net Carbs: 5.7g
- Protein: 40.4g
- Calories: 469

# Amazing Keto Meatza





**Servings:** 6



**Time:** 25 minutes

This pizza has a secret - it's made from a beef crust that is utterly delicious and very filling. You could add some chopped chili to the base, if you do like a bit of spice, or just keep it plain. Add any of your favorite cheeses, as the topping, and cook until bubbling and golden.



### Ingredients:

#### For the Crust:

- 2 lbs ground beef (grass-fed and organic preferred)
- 1 tsp garlic powder
- 1 tsp dried oregano
- ¼ tsp salt
- freshly ground pepper
- 2 tbsp parmesan cheese, shredded
- 2 tbsp almond flour
- 2 eggs

#### For the Toppings:

- 1 cup no added sugar tomato sauce
- 8 oz mozzarella cheese, sliced
- ½ red or yellow pepper, sliced
- 5-6 basil leaves torn
- 5 black olives, sliced (optional)



### Instructions:

1. Preheat the oven to 450°F and line a pizza pan with parchment paper.
2. Combine the ground beef, garlic powder, oregano, salt, pepper, parmesan cheese, almond flour, and eggs.
3. Press the mixture onto the pizza pan, creating a pizza base about ½ inch thick.
4. Bake for 10 minutes until the crust is no longer pink, and then drain away any fat.
5. Spread tomato sauce over the top of the beef crust and evenly place the mozzarella slices and pepper slices over the top.
6. Return to the oven for 6-8 minutes, or until the cheese is melted.
7. Scatter the chopped olives and basil leaves before slicing into 6 slices.

### Tips:

- Try and leave the pizza to cool a little before trying to remove the slices; it will hold its form much better when allowed to rest a little.
- Serve with a fresh green salad, if you like.

### Nutrition per Serving:

- Fat: 32g
- Total Carbs: 4.3g
- Fiber: 1.4g
- Sugar Alcohols: 0g
- Net Carbs: 2.9g
- Protein: 52.6g
- Calories: 527

# Caprese Pizza





**Servings:** 6



**Time:** 30 minutes

The traditional flavors of an Italian Caprese Salad are found in the toppings of this keto pizza. Try and source a good buffalo mozzarella here, as it makes such a difference to this pizza. The creamy soft texture pairs well with a homemade tomato sauce and makes a glorious vegetarian pizza.



### Ingredients:

#### For the Crust:

- 1/3 cup of coconut flour
- 3/4 cup of almond flour
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 2 tsp xanthan gum
- 1 tsp baking soda
- 2 eggs
- 2 tsp white wine vinegar

#### For the Toppings:

- 1 cup no added sugar tomato sauce
- 8oz buffalo mozzarella, sliced
- 6 grape tomatoes, sliced
- 1 tsp dried oregano
- 5-6 basil leaves



### Instructions:

1. Preheat the oven to 400°F and line a pizza pan with parchment paper.
2. Mix the coconut flour, almond flour, salt, garlic powder, xanthan gum, and baking soda in a bowl or with a food processor.
3. Add the egg and white wine vinegar to the almond flour mixture. Once blended, remove the dough and wrap in plastic wrap. Knead the dough with your hands through the wrap a bit and let sit for about 5-10 minutes.
4. Roll out the dough between two sheets of parchment paper to form a rectangle shape.
5. Spread the tomato sauce over the crust's top and place the mozzarella slices evenly over the top, and scatter the tomato slices. Sprinkle with oregano.
6. Place in the oven and bake for about 25-30 minutes until the top is golden brown and the crust is cooked.
7. Top with the fresh basil leaves and slice into 6 pieces.

### Tips:

- You could easily add some protein to this pizza if you wish; dry-cured prosciutto would be excellent.
- Serve this with a mixed salad.

### Nutrition per Serving:

- Fat: 20.7g
- Total Carbs: 10.7g
- Fiber: 5.6g
- Sugar Alcohols: 0g
- Net Carbs: 5.1g
- Protein: 15g
- Calories: 284

# Wild Mushroom and Garlic Pizza



 KONSCIOUS



**Servings:** 4



**Time:** 30 minutes

Wild mushrooms are the king of all mushrooms, with their strong earthy flavor and soft texture. However, you could just use any of your favorite mushrooms, if you would rather, as this crust would still be delicious. If you are lucky enough to find some wild garlic, stir fry with some leafy greens while the pizza is cooking and serve alongside; it's a great combination.



## Ingredients:

### For the Crust:

- ¼ cup of psyllium husk powder
- ¼ cup of almond flour
- ½ tsp xanthan gum
- ½ tsp salt
- 2 tbsp parmesan cheese
- 1 tsp dried oregano
- 2 eggs
- 2 tsp white wine vinegar

### For the Toppings:

- ⅔ cup no added sugar tomato sauce
- ½ tsp garlic powder
- 1 cup of mozzarella, sliced
- 1 tsp dried thyme
- 1 ½ cup mixed wild mushrooms of choice, cleaned and roughly chopped
- ½ cup arugula



## Instructions:

1. Preheat the oven to 400°F and line a pizza pan with parchment paper.
2. Combine the psyllium husk powder, almond flour, xanthan gum, salt, parmesan and oregano together in a bowl. Add the eggs and vinegar.
3. Your dough will still be dry, so boil some water and add enough liquid to make a soft dough.
4. Roll the dough out between two sheets of parchment paper, if this is easier, and place it on to the pizza pan - you want a thin crust about ¼ inch thick.
5. Mix the tomato sauce with the garlic powder and spread it over the top of the base. Scatter the cheese, thyme and mushrooms over the sauce.
6. Bake for about 25-30 minutes until the crust is cooked and the mushrooms are soft and cooked.
7. Top the pizza with the arugula and cut it into 4 slices.

## Tips:

- When using mushrooms, try not to clean them with lots of water. Use a damp cloth to wipe them rather than running them under water. This is especially important here, as you don't cook out the mushrooms beforehand, so they will have lots of moisture anyway ( and you want a crisp base).
- Instead of tomato sauce, use a creamy Alfredo sauce for a flavor twist!

## Nutrition per Serving:

- Fat: 15.1g
- Total Carbs: 13.2g
- Fiber: 9g
- Sugar Alcohols: 0g
- Net Carbs: 4.2g
- Protein: 12.6g
- Calories: 236

# Kickin' Buffalo Chicken and Bacon Pizza

 KONSIOUS



**Servings:** 6



**Time:** 45 minutes

This Kickin' Buffalo Chicken Bacon Ranch Pizza is packed with flavors of tender chicken, smoky bacon, spicy hot Buffalo sauce, and creamy ranch. It's sure to quickly become one of your favorites to incorporate into pizza night!



## Ingredients:

### For the Crust:

- 1 ½ cups shredded mozzarella
- 1 oz cream cheese, cubed
- ¾ cup almond flour
- 1 egg, beaten

### For the Toppings:

- ¼ cup organic low carb ranch dressing, plus more for serving
- 1 cup fully cooked chicken pieces, chopped
- ¼ cup sugar-free buffalo sauce
- 1 tbsp butter
- 6 slices bacon, cooked and diced
- 1 ½ cup shredded cheese (mozzarella, cheddar, or a blend)
- salt and pepper to taste
- Optional: fresh chopped scallions



## Instructions:

1. Preheat the oven to 400°F and line a pizza pan with parchment paper.
2. To make the crust, combine mozzarella and cream cheese in a microwave safe bowl and microwave for 2 minutes or until fully melted. Stir to combine.
3. Add almond flour and egg and mix until thoroughly combined. You can use wet hands to knead the dough so that all ingredients become fully incorporated.
4. Using wet hands, spread dough onto a parchment-lined baking sheet or pizza pan (wet hands prevent sticking). Poke holes all over the dough with a fork to avoid bubbles while baking.
5. Bake in a 425°F oven for 8-10 minutes.
6. While crust bakes, combine butter and buffalo sauce and microwave for about 30 seconds or until butter is melted. Whisk to combine. Add the chicken to the sauce and toss to coat.
7. When the crust is done, remove it from the oven; spread ranch dressing on top of the crust in a thin layer, as you would pizza sauce.
8. Top with half of the cheese. Next, add chicken, bacon, and finish with the remaining cheese; season with salt and pepper. Return to the oven for about 10-14 minutes or until done to your preference.
9. If desired, top with sliced scallions. Serve with extra ranch and salad greens, if desired.

## Tips:

- If you don't like buffalo chicken, swap buffalo sauce for sugar-free barbecue sauce or leave the chicken plain.
- Try and source an organic, free-range chicken or uncured, nitrate-free, and sugar-free bacon if possible.

## Nutrition per Serving:

- Fat: 33.5g
- Total Carbs: 5.1g
- Fiber: 1.5g
- Sugar Alcohols: 0g
- Net Carbs: 3.6g
- Protein: 26.7g
- Calories: 422

# Veggie Pizza Frittata



 KONSCIOUS



**Servings:** 4



**Time:** 25 minutes

Enjoy the delicious Italian flavors of pizza for brunch or anytime of day with this amazing Veggie Pizza Frittata. An egg “crust” is a simple and easy base for all your favorite pizza toppings. This frittata pizza features fresh flavors of mushrooms, peppers, and olives, but feel free to get creative and add other favorite veggies or even some ground sausage or diced ham.



## Ingredients:

- 8 eggs
- salt and pepper, to taste
- 2 tbsp olive oil (substitute butter, ghee, avocado or coconut oil), divided
- 1/3 cup bell peppers, diced (any colors)
- 1/2 cup mushrooms, sliced or chopped
- 1 garlic cloves, minced
- 1/4 tsp Italian seasoning
- 2 tbsp low carb marinara sauce
- 2 tbsp grated parmesan cheese
- 2/3 cup shredded mozzarella cheese
- 6 olives, sliced
- Optional: fresh herbs, such as chives, parsley, or thyme



## Instructions:

1. Preheat your oven to 400°F.
2. Add the eggs to a bowl, season with salt and pepper, and whisk until fluffy.
3. Heat 1 tbsp olive oil in an oven-safe skillet, preferably cast iron, over medium heat. Once hot, add the peppers and mushrooms and saute for 2-3 minutes. Add the garlic and Italian seasoning and saute for another 30-60 seconds. Remove the veggies to a bowl and set them aside.
4. In the same skillet, heat the remaining tbsp of oil. Once hot, add the eggs and cook for about a minute or two over medium heat. Using an oven mitt, carefully transfer the skillet to the oven. Bake for about 10 minutes or until eggs are almost fully cooked.
5. Carefully remove the skillet from the oven and spread a thin layer of marinara sauce over the eggs. Sprinkle with parmesan and mozzarella cheese. Then, sprinkle the sauteed veggies over the cheese. Add the olives. Return the skillet to the oven, make sure to use oven mitts. Bake for 5-10 minutes or until the cheese is melted and the eggs are fully cooked.
6. If desired, garnish the frittata with fresh herbs before slicing and enjoy!

## Tips:

- Serve with a big side salad for added nutrition, if you like.

## Nutrition per Serving:

- Fat: 24.3g
- Total Carbs: 3.3g
- Fiber: 0.6g
- Sugar Alcohols: 0g
- Net Carbs: 2.7g
- Protein: 18g
- Calories: 307

# Broccoli and Avocado White Pizza



 KONSCIOUS



**Servings:** 4



**Time:** 35 minutes

If you fancy a change or want to avoid the usual tomato toppings on a pizza, this recipe is for you! It uses broccoli and cheese as a base, and topped with a creamy white sauce, perfect for an alternative keto pizza.



## Ingredients:

### For the Crust:

- 14oz broccoli rice
- ½ cup of parmesan cheese
- ¼ cup mozzarella cheese
- ½ tsp salt
- ½ tsp garlic powder
- 1 tsp dried oregano
- 3 eggs

### For the Toppings:

- 3 tbsp cream cheese
- ½ tsp garlic powder
- ½ cup of mozzarella, sliced
- 2 tbsp heavy cream
- ¼ tsp salt
- Freshly ground pepper
- 4 mushroom, sliced
- 1 small avocado, sliced
- 2 tbsp fresh parsley, chopped



## Instructions:

1. Preheat the oven to 400°F and line a pizza pan or baking sheet with parchment paper.
2. Saute the broccoli rice in a dry skillet to remove as much moisture as possible; this will take about 10 minutes. When it dries out a bit, add parmesan cheese, mozzarella, salt, garlic powder, and oregano and stir well to combine.
3. Continue to cook until the cheese is melted - about 3 minutes.
4. Remove pan from heat and stir in the egg.
5. Place the broccoli mixture on top of the parchment-lined pan or baking sheet. Flatten out to form a crust as best you can. It will be very sticky, so you could use a second sheet of parchment on top and flatten with your hands or rolling pin.
6. When the crust is spread to your desired size and thickness, place it in the oven to bake for about 15-20 minutes until it looks drier and 'set.'
7. Remove from the oven.
8. Meanwhile, for the topping, mix the cream cheese, garlic powder, mozzarella cheese, heavy cream, salt, and pepper in a saucepan and heat until you have a smooth sauce.
9. Tip some of the sauce over the pizza and scatter the mushrooms. Top with the rest of the sauce, return to the oven for 10 minutes, or until the cheese sauce has browned a little.
10. Top with the sliced avocado and parsley and slice into 4 pieces.

## Tips:

- You could omit the mushrooms if you like or add some different keto veggies.
- Cooked nitrate-free ham or bacon are a great addition, if you want to make it meaty!

## Nutrition per Serving:

- Fat: 23.7g
- Total Carbs: 12.1g
- Fiber: 5g
- Sugar Alcohols: 0g
- Net Carbs: 7.1g
- Protein: 19.2g
- Calories: 330

# Zucchini Pizza Bites



 **KONSCIOUS**



**Servings:** 2



**Time:** 15 minutes

These Zucchini Pizza Bites are a quick and convenient snack for all pizza lovers! They take only 15 minutes to prepare and are completely customizable. Add all your favorite veggies, meats, and fresh herbs!



### Ingredients:

- 1 medium zucchini
- 1 tbsp olive oil
- 1/3 cup low-carb marinara sauce
- 1/2 cup mozzarella cheese
- salt and pepper, to taste
- Optional toppings: tomatoes, mushrooms, onions, peppers, pepperoni, salami, ham, fresh herbs



### Instructions:

1. Preheat your oven's broiler to high heat and line a baking sheet with foil sprayed with cooking spray.
2. Trim the ends of the zucchini, then slice into 1/2 inch rounds. You should be able to get about 12-14 rounds.
3. Heat the olive oil in a skillet over medium-high heat. Sprinkle the zucchini with salt and pepper and fry about a minute or two on each side.
4. Transfer the zucchini rounds to the prepared baking sheet. Top with a bit of marinara, mozzarella, and any other desired toppings.
5. Place the baking sheet under the broiler and broil for 2-3 minutes or until the cheese is melted.
6. Let cool a few minutes before serving.

### Tips:

- You can use mushrooms instead of zucchini. We recommend baking them instead of broiling for 10-15 minutes, since mushrooms will take a bit longer to soften.

### Nutrition per Serving:

- Fat: 17g
- Total Carbs: 4.8g
- Fiber: 1g
- Sugar Alcohols: 0g
- Net Carbs: 3.8g
- Protein: 7.5g
- Calories: 198

# Mini Mushroom Pizza Bites





**Servings:** 4



**Time:** 20 minutes

How about all the taste of pizza, but crammed into mushrooms instead of a pizza base? These mini pizzas are a great idea, if you fancy a pizza taste, but have limited time. They are great to serve to the family for a midweek meal, or you can add them to a buffet table for celebrations.



### **Ingredients:**

- 8 large portobello mushrooms, stems removed
- 8 tbsp sugar-free tomato sauce
- 1 ½ cups mozzarella cheese
- 8 cherry tomatoes, sliced
- ¼ tsp salt
- Freshly ground pepper
- 1 tbsp fresh parsley, chopped



### **Instructions:**

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Place the mushrooms onto the baking sheet, top sides down.
3. Place 1 tbsp of the tomato sauce onto each mushroom.
4. Divide the cheese between the mushrooms.
5. Scatter over the oregano and season with salt and pepper.
6. Top with the cherry tomatoes.
7. Place in the oven and bake for 20 minutes until the cheese is melted and golden.
8. Sprinkle over the chopped parsley and serve 2 mushrooms per serving.

### **Tips:**

- Feel free to experiment with other toppings, such as pepperoni or cooked bacon pieces.
- Try making these with keto pesto instead of the tomato sauce for a flavor twist!

### **Nutrition per Serving:**

- Fat: 12.3g
- Total Carbs: 9.8g
- Fiber: 3g
- Sugar Alcohols: 0g
- Net Carbs: 6.8g
- Protein: 13.2g
- Calories: 196

# Chocolate Butter Pizza with Berries





**Servings:** 8



**Time:** 25 minutes

This pizza is a real treat and a fun dish to add to a family event - who says we can't put chocolate on a pizza? Use a good quality cacao powder for a perfect chocolatey hit that the whole family will love.



### Ingredients:

#### For the Crust:

- 1/3 cup of coconut flour
- 3/4 cup of almond flour
- 2 tbsp powdered erythritol
- 2 tsp xanthan gum
- 1 tsp baking powder
- 2 eggs
- 1 tsp vanilla extract

#### For the Toppings:

- 2 tbsp heavy cream
- 1 cup butter, softened
- 1/2 cup unsweetened cacao or cocoa powder
- 1/2 cup powdered erythritol
- 6 strawberries sliced



### Instructions:

1. Preheat the oven to 400°F and line a pizza pan with parchment paper.
2. For the crust, mix coconut flour, almond flour, erythritol, xanthan gum, and baking powder in a bowl.
3. Add the egg and vanilla to the almond flour mixture, get your hands in, knead, and mix well. Add a little water if need be.
4. Roll the dough into a circle, about a 1/2 inch thick. Place in the oven and bake for about 25-30 minutes until the crust is just cooked.
5. Allow to cool completely.
6. Meanwhile, beat together the cream, butter, cacao powder, and erythritol to create a smooth butter.
7. Spread all over the pizza crust and top with the sliced strawberries.

### Tips:

- You could add raspberries, instead of strawberries, if you like or a combination of different types of berries.
- For some crunch, sprinkle over some sliced almonds or other chopped nuts.

### Nutrition per Serving:

- Fat: 32.5g
- Total Carbs: 20.6g
- Fiber: 5.7g
- Sugar Alcohols: 11.3g
- Net Carbs: 3.6g
- Protein: 6.1g
- Calories: 341