

This delicious Keto Cheese Extravaganza Pizza is going to be a bit hit with all the cheese fans in the family. Enjoy!

Servings - 32 Slices (4 medium pizzas)

Prep Time - 20 Mins | Proof Time - 1 Hr 20 Mins | Cook Time - 15 Mins | Total Time - 1 Hr 55 Mins

Difficulty - Easy



Cuisine - Italian

RECIPE

KETO CHEESE EXTRAVAGANZA PIZZA

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Electric Stand Mixer](#)

[Non-Stick Silicone Baking Mat](#)

[Rolling Pin](#)

[Large Baking Stone](#)

[Pizza Oven](#)

[Pizza Paddle](#)

INGREDIENTS

Pizza

430 g warm Water, 100 to 110 F

[1 Tsp Maple Syrup](#)

[2 Tsp Active Dry Yeast](#)

[350 g FHALL Low Carb Plain White Flour](#)

[1/2 Tbsp Stevia/Erythritol blend sweetener](#)

[1/2 tsp \(1g\) Diastatic Malt Powder](#)

[1 Tsp Himalayan Salt \(Ground\)](#)

[1 Tbsp Virgin Olive Oil](#)

2 Tbsp Water, (as required)

[20 g Semolina Flour](#)

Toppings

[200 g Keto Lasagne and Pizza Tomato Sauce](#)

[250 g Mozzarella Cheese, Grated](#)

[100 g Crumbled, Gorgonzola](#)

[120 g Crumbled, Goats Cheese](#)

[80 g Parmesan, grated](#)

[1/2 Tsp Black Pepper \(cracked\)](#)

METHOD

Pour the water in a large bowl and add the maple syrup, yeast and mix. Let it sit for 5 minutes or until the mixture bubbles.

Add the rest of the ingredients to the dough and mix until combined. If the mixture seems too firm add one tablespoon of water and mix again, use a further 1 tsp if necessary.

Knead until the dough springs back when prodded. Takes about 5- 10 minutes. You can also use a food mixer on a medium setting and this should take 4 - 7 minutes.

When ready, cut the mixture into four pieces and shape them into balls. Place the dough in a deep tray and cover the dough with a damp cloth and let it sit for 1 hour or until the dough has doubled in size.

Preheat the oven to 475°F/240°C or Fan 220C/Gas Mark 9.

Place a pizza stone, steel baking tray or metal tray and place it in the oven for at least 30 minutes.

Place the dough on the pizza stone or baking tray and lightly sprinkle with semolina flour (you can use FHALL flour instead if you wish). Knock back the dough and roll it out the pizza to the thickness you desire and place it on a pizza stone. If you don't have one use a silicone pizza mat or a metal tray covered with a sheet of parchment paper.

Let it rest until the oven is ready then place it in the oven for 5 minutes depending on how thick you like your crust. The outer edge of the crust should just have started to turn a golden brown.

Remove from the oven. Spray or brush olive oil around the outer crust of the pizza. Top the pizza with just enough keto pizza sauce to lightly coat the surface.

Split each of the cheeses into 4 portions then sprinkle a quarter of each starting with the mozzarella, then the gorgonzola, the goat's cheese and finally the parmesan.

Transfer the pizza to the stone/baking tray and bake until the crust is well-browned and the cheese has browned slightly (do not let it sweat) for 8-10 minutes.

SERVING SUGGESTIONS

Pizza is delicious served with a mixed salad and some Keto salad dressing.

STORAGE

Pizza is best served fresh, but you can cover it and keep it for up to 24 hrs in the fridge and heat for 30 seconds in the microwave.

NUTRITION FACTS

Per serving : 51 g | Calories 114 | Protein 9.7 g | Fat 5.3 g | Carbs 6.7 g | Fiber 3.2 g
Net Carbs : 3.5 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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