



1. Mozzarella Egg Dough (3-Ingredient Keto Dough)

Ingredients:

- 1½ cups shredded mozzarella
- 2 oz cream cheese
- 1 egg

Instructions:

1. Microwave mozzarella and cream cheese together for about 60–90 seconds, stirring until melted and smooth.
2. Add the egg and mix until a dough forms.
3. Spread or roll into desired shape on parchment.
4. Bake at 400°F for 10–12 minutes, or until golden. Top as desired and bake again if making pizza.

Net Carbs: ~1g per serving (1/6 of dough)



2. Fathead Pizza Dough (Classic)

Ingredients:

- 1½ cups shredded mozzarella
- 2 tbsp cream cheese
- ¾ cup almond flour
- 1 egg
- ½ tsp baking powder

- Optional: garlic powder, Italian seasoning

Instructions:

1. Melt mozzarella and cream cheese. Stir until smooth.
2. Add almond flour, egg, and seasonings. Mix into a dough.
3. Roll between parchment and bake at 425°F for 8–10 mins. Add toppings and finish baking.

Net Carbs: ~2g per slice



3. Almond Flour Bread Dough (for rolls or flatbread)

Ingredients:

- 1½ cups almond flour
- 2 tsp baking powder
- ¼ tsp salt
- 3 eggs
- ¼ cup melted butter or olive oil

Instructions:

1. Combine dry ingredients. Add eggs and butter. Stir well.
2. Shape and bake at 350°F for 15–18 minutes.

Net Carbs: ~2g per roll



4. Coconut Flour Pizza Dough (Nut-Free)

Ingredients:

- ¼ cup coconut flour
- 3 eggs
- ¼ cup shredded mozzarella
- 2 tbsp olive oil
- ¼ tsp baking powder
- Seasonings to taste

Instructions:

1. Mix all ingredients. Spread onto parchment-lined sheet.
2. Bake at 375°F for 12–15 minutes. Top and finish baking.

Net Carbs: ~2.5g per slice



5. Psyllium Husk Dough (Chewy & Bread-Like)

Ingredients:

- ¾ cup almond flour
- 2 tbsp psyllium husk powder
- 1 tsp baking powder
- ½ tsp salt
- 2 tsp apple cider vinegar
- 1 cup boiling water

Instructions:

1. Mix dry ingredients. Add vinegar and boiling water. Stir well.
2. Let sit 5 minutes. Shape into buns or crust.
3. Bake at 350°F for 30–35 minutes.

Net Carbs: ~1.5g per serving



6. Cauliflower Pizza Crust

Ingredients:

- 2 cups riced cauliflower (cooked & squeezed dry)
- 1 cup shredded mozzarella
- 1 egg
- ¼ cup grated Parmesan
- Garlic, oregano, salt

Instructions:

1. Combine ingredients into dough. Press into crust shape on parchment.
2. Bake at 400°F for 20–25 mins. Add toppings and bake 5 more mins.

Net Carbs: ~2g per slice