

Keto Mini Pizzas for the Egg Fast

Now, I *love* pizza but... I'm a bit sensitive to both gluten and dairy AND mostly kosher, so my beloved pepperoni pizza is out. I make pseudo-pizza in my Ninja oven using gluten-free wraps as the base, with tomato sauce, mozzarella, and (on holidays) a little turkey bacon. This recipe is ... different ... but if you're a pizza fan it's well worth a go OR you can bake it as muffins.

Recipe is adapted from Ketogenic Woman: <https://www.youtube.com/watch?v=PY1yc8AfDzo>

Ingredients:

4 eggs

4 oz cheese (use shredded mozzarella for that authentic pseudo-pizza flavor)

4 tbsp mayo – see recipe at the bottom of this page; 4 tbsp is about ½ cup, half the recipe below

Your choice of seasonings; extra cheese for the pizzetti.

Tools: Muffin pan or shallow tart pan

Method for Mini Pizzas:

1. In a medium bowl or large measuring jug, mix all ingredients until reasonably smooth.
2. Preheat your oven to 350°F or 175°C. Spray the pan with Pam or equivalent. Pour the batter into the shallow tart pans. You should have enough batter for six of these. Sprinkle with a bit more mozzarella and some basil.
3. Bake at 350°F or 175°C for 10 minutes. Cool on a rack for five minutes then go for it!

Method for Muffins:

1. In a medium bowl or large measuring jug, mix all ingredients until reasonably smooth.
2. Preheat your oven to 375°F or 185°C. Spray the pan with Pam or equivalent, and pour the batter into the muffin pan. You should have enough batter for six muffins. Add additional seasonings if desired. If you're not on the egg-fast, this could include olives, mushrooms, pepperoni, hot sauce, Italian seasoning, whatever you normally put on a pizza.
3. Bake at 375°F or 185°C for 20 minutes, until puffy and golden. Cool for five minutes on a rack. Eat warm or cold; otherwise store in airtight container.

Carnivore Mayonnaise

115g (4 oz) cream cheese – Philadelphia original cheese is pretty clean

115g (4 oz) sour cream OR full-fat (whole milk) Greek Yogurt

50g (two tablespoons) unsalted butter, melted

A squirt of lemon juice OR a splash of white wine vinegar

Powdered garlic, salt and pepper to taste

Method:

1. Place all ingredients in the blender or NutriBullet and process for one minute.
2. Scrape down the bowl, process again; scrape down the bowl, process for a third time.
3. Taste, adjust the seasonings, process again if necessary. Store for two hours before using.