Prep time: 10 minutes
Cook time: 45 minutes
Total time: 55 minutes
Yield: 1 large pizza crust (serves 2-3)

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Description

Who says pizza night has to be a cheat day? This revolutionary recipe creates a high-protein, low-carb pizza base using just two simple ingredients: cottage cheese and eggs. The result is a thin, crispy crust that holds up beautifully to your favorite toppings. It’s gluten-free, keto-friendly, and incredibly satisfying. Whether you are meal-prepping for the week or looking for a healthier alternative to traditional dough, this cottage cheese pizza crust is a game-changer. Get ready to enjoy a guilt-free slice!

Ingredients

For the Crust:

- 1 cup (220g) full-fat cottage cheese (Ensure it is drained well; excess moisture is the enemy of a crispy crust)
- 2 large eggs

Optional Crust Add-ins (Recommended for Flavor):

- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano or Italian seasoning
- 1/4 teaspoon salt
- 1/4 cup grated Parmesan cheese (This helps with browning and crispiness)

For the Toppings (Suggestions):

- 1/2 cup sugar-free pizza sauce or marinara
- 1 cup shredded mozzarella cheese

- Pepperoni, sliced mushrooms, bell peppers, or fresh basil

Equipment Needed

- Blender or food processor
- Parchment paper
- Baking sheet or pizza stone
- Spatula

Instructions

Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)

1. Preheat your oven: Set your oven to 400°F (200°C) . If you are using a pizza stone, place it in the oven now to preheat.
2. Prepare the pan: Line a standard baking sheet with parchment paper. Do not use wax paper. If you don’t have parchment paper, grease the pan very well with cooking spray or olive oil, though parchment is highly recommended to prevent sticking.

3. Drain the Cottage Cheese: This is the most crucial step. Place the cottage cheese in a fine-mesh strainer and press down gently with a spoon to release any excess liquid. If your cottage cheese looks very watery, pat it dry with a paper towel.

Phase 2: Blending (Time: 3 Minutes | Intensity: Medium)

1. Combine Ingredients: Add the drained cottage cheese and the 2 large eggs to your blender or food processor.

2. Add Seasonings: Add the garlic powder, oregano, salt, and Parmesan cheese (if using).

3. Blend: Pulse the mixture until it is completely smooth. You want a batter-like consistency with no visible curds. This usually takes about 30–60 seconds. Scrape down the sides of the blender to ensure everything is incorporated.

Phase 3: Baking the Crust (Time: 30–35 Minutes | Intensity: Medium)

1. Spread the Batter: Pour the blended mixture onto the prepared parchment paper. Using a spatula, spread the batter into a circle or rectangle, about 1/4 inch thick. Try to make the edges slightly thicker than the center to prevent burning.

2. First Bake: Place the baking sheet in the preheated oven. Bake for 25 to 30 minutes.

3. Check for Doneness: The crust is ready for the next step when the edges are golden brown and the center is set and no longer jiggly. It should look like a firm, thin omelet.

4. Broil (Optional but Recommended): For an extra crispy texture, turn your oven to the Broil setting (High) for 2 to 3 minutes. Watch it closely to ensure it doesn’t burn. This dries out the top surface, making it more pizza-like.

Phase 4: Topping and Final Bake (Time: 10 Minutes | Intensity: Low)

1. Remove from Oven: Take the crust out of the oven. Leave the oven on at 400°F (200°C) if you turned it off, or adjust accordingly.

2. Add Toppings: Spread your pizza sauce evenly over the crust, leaving a small border around the edges. Sprinkle with mozzarella cheese and add your favorite toppings.

3. Second Bake: Return the pizza to the oven and bake for 8 to 10 minutes, or until the cheese is melted and bubbly.

4. Rest: Remove from the oven and let the pizza rest for 2 to 3 minutes before slicing. This allows the cheese to set and prevents the toppings from sliding off.

Recipe Notes & Tips

- The Moisture Rule: The success of this recipe depends entirely on removing moisture. If your cottage cheese is watery, the crust will be soggy. Always drain it well.

- Blending is Key: Do not skip the blending step. If you leave the cottage cheese lumpy, the crust will have an uneven texture and may fall apart.

- Crispiness: For the crispiest crust possible, flip the crust halfway through the first bake (after about 20 minutes) using a large spatula. This helps dry out the bottom.

- Topping Weight: Do not overload the pizza with heavy, wet toppings (like fresh tomatoes or pineapple). Stick to lighter ingredients to maintain the structural integrity of the crust.

- Storage: Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in a skillet or oven to regain crispiness; microwaving will make it rubbery.

Nutrition Information

Note: Nutritional values are estimates and will vary based on the specific brand of cottage cheese and the toppings you choose. The following calculation is for the crust only (cut into 2 servings).

- Calories: ~220 kcal

- Protein: 24g

- Carbohydrates: 3g

- Fat: 12g
- Sugar: 2g
- Fiber: 0g
- Sodium: 450mg