Prep Time: 15 minutes
Cook Time: 12 minutes
Total Time: 27 minutes
Yield: 8 roll-ups
Calories: 210 kcal per serving (2 roll-ups)

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Introduction

Craving the ooey-gooey goodness of a pizza but sticking to a strict ketogenic lifestyle? You are not alone. The hardest part of maintaining a Keto diet is often the loss of comfort foods—specifically, the crispy, cheesy, carb-heavy bliss of a traditional pizza. Enter the Keto Pizza Roll-Up.

This recipe is not just a consolation prize; it is a culinary triumph in its own right. By utilizing

the magical properties of mozzarella cheese and almond flour, we create a “dough” that is pliable, golden-brown, and sturdy enough to hold your favorite pizza fillings. Whether you are looking for a quick after-school snack for the kids, a game-day appetizer that will impress your guests, or a satisfying lunch on the go, these roll-ups deliver on flavor without the carb crash.

In this guide, we will walk you through the precise timing, the required intensity levels for each step, and the nutritional breakdown to ensure you stay in ketosis while enjoying every bite.

Ingredients

To achieve the perfect texture, it is crucial to use low-moisture mozzarella. Fresh mozzarella contains too much water and will result in a soupy, sticky mess.

For the Dough:

- 1 ½ cups (170g) Low-Moisture, Part-Skim Mozzarella Cheese (shredded)
- 2 oz (56g) Cream Cheese (cubed)
- 1 Large Egg
- ½ cup (50g) Almond Flour (finely ground)
- 1 tsp Baking Powder

- ½ tsp Garlic Powder
- ½ tsp Italian Seasoning
- ¼ tsp Salt

For the Filling & Finish:

- ½ cup (120g) Sugar-Free Pizza Sauce (or low-carb marinara)
- ½ cup (56g) Pepperoni Slices (roughly chopped)
- ½ cup (56g) Mozzarella Cheese (shredded, for filling)
- 1 tbsp Butter (melted, for brushing)
- Extra Italian Seasoning (for garnish)

Equipment Needed

- Microwave-safe mixing bowl

- Wooden spoon or silicone spatula
- Rolling pin
- Parchment paper
- Baking sheet
- Pastry brush
- Pizza cutter or sharp knife

Step-by-Step Instructions

Phase 1: The “Mozzarella Dough” (Time: 5 Minutes | Intensity: High)

The Science of Keto Dough: The foundation of this recipe is the “Fathead” dough method. The cheese acts as the glue, replacing the gluten found in traditional wheat flour.

1. Prep the Oven: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. (Do not skip the parchment paper; this dough is sticky).
2. Melt the Cheese: In a large microwave-safe bowl, combine the 1 ½ cups of shredded

mozzarella and the cubed cream cheese. Microwave on high for 45 seconds. Stir. Microwave again for another 30-45 seconds until the cheese is fully melted and smooth. *Intensity Note: Work quickly here. The cheese must be hot to blend, but not so hot it cooks the egg later.*

3. Combine Dry Ingredients: While the cheese is melting, whisk together the almond flour, baking powder, garlic powder, Italian seasoning, and salt in a small bowl.

4. Form the Dough: Add the dry ingredients to the melted cheese mixture. Add the egg. Stir vigorously with a wooden spoon until a dough forms. It may look shiny and wet at first.

5. Knead: Once the dough is cool enough to touch (but still warm), transfer it to a piece of parchment paper. Wet your hands slightly to prevent sticking. Knead the dough for 2-3 minutes until it is uniform and smooth.

Phase 2: Rolling and Filling (Time: 5 Minutes | Intensity: Medium)

1. Roll it Out: Place a second sheet of parchment paper on top of the dough ball. Use a rolling pin to roll the dough into a rectangle approximately 10×12 inches and about ¼ inch thick. *Pro Tip: If the dough resists, microwave it for 10 seconds to soften.*

2. The Sauce Layer: Spread the sugar-free pizza sauce evenly over the dough, leaving a 1-inch border around the edges. This prevents the sauce from oozing out during baking.

3. The Fillings: Sprinkle the ½ cup of shredded mozzarella and the chopped pepperoni over the sauce. Feel free to add other keto-friendly toppings like olives, mushrooms, or

cooked sausage here.

Phase 3: The Roll and Bake (Time: 12-15 Minutes | Intensity: Medium-High)

1. The Roll: Starting from the long side (the 12-inch side), carefully roll the dough into a log, using the parchment paper to help guide it. Press the seam side down gently to seal. If the dough cracks slightly, just pinch it back together with warm fingers.

2. Slicing: Using a sharp knife or a pizza cutter, slice the log into 8 equal rolls.

3. Arrangement: Place the rolls cut-side down (or up, depending on preference) on the prepared baking sheet. Arrange them so they are not touching.

4. The Glaze: Melt the 1 tbsp of butter and brush it over the tops of the roll-ups. Sprinkle with additional Italian seasoning.

5. Bake: Place in the oven and bake for 12-15 minutes, or until the tops are golden brown and the cheese is bubbly. Keep an eye on them after the 10-minute mark; almond flour burns faster than wheat flour.

Phase 4: Rest and Serve (Time: 5 Minutes | Intensity: Low)

1. Cool: Remove from the oven and let them rest for 5 minutes. This is critical. The cheese needs to set; if you bite in immediately, the molten cheese will burn your mouth and the roll will fall apart.

2. Serve: Serve with a side of warm pizza sauce for dipping.

Recipe Intensity & Timing Overview

To help you plan your cooking session, here is a quick guide to the intensity required at each stage:

Phase	Time Estimate	Intensity Level	Focus Required
Dough Prep	5 Minutes	High	Hot cheese handling, rapid mixing.
Rolling	5 Minutes	Medium	Even distribution of toppings, careful rolling.
Baking	12 Minutes	Medium-High	Monitoring oven closely to prevent burning.
Resting	5 Minutes	Low	Patience (the hardest part).

Nutritional Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands and ingredient quantities used. This recipe is designed to be Keto-friendly (High Fat, Moderate Protein, Low Carb).

Serving Size: 2 Roll-ups
Servings Per Recipe: 4

- Calories: 420 kcal
- Total Fat: 31g

    - *Saturated Fat:* 16g

- Cholesterol: 115mg
- Sodium: 780mg
- Total Carbohydrates: 6g
    - *Dietary Fiber:* 2g
    - *Sugars:* 1g
- Net Carbs: 4g
- Protein: 24g