Prep Time	15 minutes
Cook Time	25–30 minutes
Total Time	40–45 minutes
Yield	1 large pizza (8 slices, 4 servings)
Difficulty	Easy–Intermediate
Cuisine	Italian-American / Keto

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Ingredients

For the fathead crust:

- 1½ cups (170 g) shredded low-moisture mozzarella

- 2 oz (56 g) cream cheese, cubed
- 1 large egg, beaten
- 1 cup (100 g) almond flour
- 1 teaspoon baking powder
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum (optional, for a chewier, more bread-like crumb)

For the toppings:

- ½ cup (120 ml) no-sugar-added pizza sauce (or crushed San Marzano tomatoes)
- 1½ cups (170 g) shredded low-moisture mozzarella
- ¼ cup grated Parmesan cheese

- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes (optional)

Suggested toppings (choose 2–3):

- 1 oz sliced pepperoni (nitrate-free)
- ¼ cup sliced black olives
- ¼ cup sliced bell peppers
- ¼ cup sliced mushrooms
- 1 tablespoon thinly sliced red onion
- Fresh basil leaves, for garnish

Equipment Needed

- Microwave-safe bowl

- Large mixing bowl
- Rolling pin (or your hands)
- Parchment paper (essential)
- Baking sheet or pizza stone
- Pizza cutter or sharp knife
- Fork and whisk

Instructions

Step 1: Preheat the Oven — *Time: 5 minutes | Intensity: Low*

Preheat your oven to 425°F (220°C). If using a pizza stone, place it on the middle rack to preheat for at least 20 minutes. Line a baking sheet with parchment paper and lightly grease it. Parchment is non-negotiable — this dough will weld itself to bare metal.

Step 2: Melt the Cheese — *Time: 2 minutes | Intensity: Low*

In a microwave-safe bowl, combine the shredded mozzarella and cubed cream cheese. Microwave in 30-second bursts, stirring between each, for about 90 seconds total, until completely melted and smooth. It should be glossy and stretchy, with no lumps. Don’t overheat or the cheese will separate and turn greasy.

Step 3: Form the Dough — *Time: 4 minutes | Intensity: Medium*

In a large bowl, whisk together the almond flour, baking powder, garlic powder, Italian seasoning, salt, and xanthan gum (if using). Add the beaten egg and the melted cheese mixture. Stir with a sturdy spatula until a sticky dough forms. Then — the important part — knead by hand for 1–2 minutes until smooth and uniform. The dough should be soft, slightly tacky, and hold together in a ball.

Step 4: Roll Out the Crust — *Time: 3 minutes | Intensity: Medium*

Place the dough between two sheets of parchment paper and roll into a 10–12 inch (25–30 cm) round about ¼ inch (6 mm) thick. Alternatively, press it out with your hands directly onto the parchment-lined baking sheet. For a thicker, pan-pizza style, keep it to 10 inches; for a thin, crispy crust, roll to 12 inches. Prick the surface all over with a fork to prevent bubbling.

Step 5: Pre-Bake the Crust — *Time: 10–12 minutes | Intensity: Low (passive)*

Bake the bare crust on the middle rack for 10–12 minutes, until it’s golden brown and firm to the touch. This critical step prevents the dreaded soggy-crust problem. The crust should look dry across the surface and have browned, slightly crispy edges.

Step 6: Add Sauce and Toppings — *Time: 4 minutes | Intensity: Low*

Remove the crust from the oven and let it cool for 2 minutes. Spread the pizza sauce evenly, leaving a ½-inch border around the edge. Scatter the mozzarella and Parmesan over the sauce, then add your chosen toppings. Finish with oregano and red pepper flakes.

Step 7: Bake the Pizza — *Time: 8–10 minutes* | *Intensity: Low (passive)*

Return the pizza to the oven and bake for 8–10 minutes, until the cheese is melted, bubbly, and lightly browned at the edges. For extra browning, switch to broil for the final 60–90 seconds — stand by the oven and watch closely.

Step 8: Rest, Slice, and Serve — *Time: 3 minutes* | *Intensity: Low*

Let the pizza rest for 2–3 minutes before slicing — this lets the cheese set and prevents toppings from sliding off. Cut into 8 slices with a pizza cutter, garnish with fresh basil, and serve hot.

Time & Intensity Summary

Phase	Duration	Intensity
Preheat oven	5 minutes	Low
Melt cheese	2 minutes	Low
Form dough	4 minutes	Medium
Roll out crust	3 minutes	Medium
Pre-bake crust	10–12 minutes	Low (passive)
Add sauce & toppings	4 minutes	Low
Bake pizza	8–10 minutes	Low (passive)
Rest, slice & serve	3 minutes	Low
Total	~40–45 minutes	Easy–Intermediate

Nutrition Information (Per Serving — 2 slices, with pepperoni)

Nutrient	Amount
Calories	445 kcal
Total Fat	33 g
Saturated Fat	15 g
Cholesterol	110 mg
Sodium	780 mg
Total Carbohydrates	8 g
Dietary Fiber	3 g
Total Sugars	3 g
Net Carbs	5 g
Protein	26 g
Calcium	45% DV
Iron	1.2 mg