



PROTEIN PIZZA



1 SERVING

CALS - 725 CARBS - 13g PRO - 83g FAT - 36g

INGREDIENTS

1 Cup Reduced Fat Cheese
Pizza Sauce
1 Large Raw Egg
1 10oz Can of Chicken
Breast
16 Turkey Pepperonis
1T Bacon Bits
1T Diced Jalapeno
1T Italian Seasoning
1T Garlic

DIRECTIONS

1. Combine in a mixing bowl the can of chicken breast (drained), 1/4 cup of cheese, large egg, italian seasoning, and garlic
2. Once mixed, transfer mixture to parchment paper
3. Flatten mixture using a fork to form a pizza crust (make this thin so that it cooks more crispy)
4. Put pizza crust on a baking sheet into the oven for 18-20 minutes at 400 degrees
5. Once finished, take the crust out of the oven and start building your pizza with desired toppings (this recipe calls for jalapenos, bacon bits, and turkey pepperoni)
6. Put pizza back in the oven at 400 degrees for 5-8 minutes (depending on crispiness)