



trim healthy mama™

© 2015 Welby Street Press LLC

Unauthorized use prohibited.

\*Property of TrimHealthyMembership.com



## Pizza Crust Mix

Directions for 1 Single Serve Crust

You will need:

Heaped 1/3 cup pizza crust mix (approximately 50 grams)

3 Tbs liquid egg whites

3 Tbs water

2 tsp olive oil or melted coconut oil for S (leave out or just use 1/2 tsp for an FP crust)

Preheat oven to 425° F

\*A silicone baking mat works best, but if you don't have one, you could try placing a piece of parchment paper on a baking sheet and spraying it with olive oil cooking spray.

1. Mix ingredients together in a small bowl with a fork. Allow the mix to sit and thicken up for 5 minutes (the mixture will be a bit loose and not dough like, this is normal).
2. Spray a silicone baking mat lightly with olive oil cooking spray (the crust will stick if not using a silicone mat). Cover with a piece of parchment paper and use a rolling pin to roll it into a rustic looking crust.
3. The shape does not have to be a perfect square or rectangle. You want it to be roughly around an 8x8 or 7x9 size. Remove parchment paper and use a spatula to make sure there are no wispy edges.
4. Keep the crust on the silicone mat, place it directly onto the middle oven rack, and par-bake for 12 to 14 minutes. Remove the crust from oven but keep it on mat.
5. Top with your favorite toppings then return to oven to melt and crisp. Carefully remove crust from silicone mat and put it directly on oven rack for a crispier bottom or keep it on the mat for a little less crispy.
6. Bake for 10 to 12 minutes or when the cheese is melty, and the sides of crust look well-browned. Enjoy!



trim healthy mama™

© 2015 Welby Street Press LLC

Unauthorized use prohibited.

\*Property of TrimHealthyMembership.com



## Pizza Crust Mix

### Alternate Waffle Crust Method

Want to make a quick crust and don't care about the thin and crispy factor? If you have a large waffle machine you can make a quick crust, then just top it and pop it in the oven or air fryer to melt the toppings. This waffle version is thicker and more bread-like, but it still has great flavor and is an easy vehicle for your toppings.

1. Turn on waffle maker (one that has 3 – 4 waffle shapes in it or a mini one if that's all you have).
2. Mix crust according to regular crust directions but there's no need to let it sit and thicken.
3. Spread the batter as quickly as you can so it fills as much of the waffle maker without large holes in the middle.
4. Cook according to waffle maker manufacturers' directions.
5. Top with your favorite pizza toppings then melt them in the oven via bake or broil or use an air fryer.