

## Chicken Crust Pizza Recipe

This entire chicken pizza crust clocks in at under 1g of TOTAL CARBS!

What You Need:

Oven

Ingredients:

10 oz Canned Chicken

1 oz grated parmesan cheese

1 large Egg

We generally double it.

instructions:

Thoroughly drain the canned chicken, getting as much moisture out as possible.

Spread chicken on a baking sheet lined with a silicon mat

. Bake at 350 for 10 minutes to dry out the chicken.

Once chicken is done baking for 10 minutes remove and place in a mixing bowl. Increase heat of oven to 500 degrees.

Add cheese and egg to the bowl with chicken and mix.

Pour mixture onto baking sheet lined with a silicon mat and spread thin. Placing parchment paper on top and using a rolling pin makes this easier.

Optional: With a spatula, press the edges of the crust in to create a ridge for the crust. This is beneficial is you're using toppings that may slide off (i.e. eggs).

Bake the crust for 8-10 minutes at 500 degrees Fahrenheit.

Remove crust from oven. Add desired toppings and bake for another 6-10 minutes at 500 degrees. Toppings will dictate final cooking time.

Remove from oven and allow to cool for a few minutes. Your life is now changed. Enjoy!