30 - 40
MINUTES

Pizza Low Carb

"Mantenha-se saudável e em forma"
"Keep healthy and fit"

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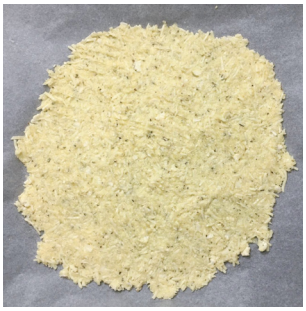
INGREDIENTES

BASE | *CRUST*
2 ovos | *2 eggs*
2 chávenas de couve-flor ralada
2 cups grated cauliflower
2 chávenas de mozzarella ralada
2 cups shaved mozzarella cheese

TOPPINGS
Molho de Tomate | *Tomato sauce*
Mozzarella Ralada
Shaved mozzarella
O que tiver no frigorifico
Whatever you have in the fridge



1.Misture todos os ingredientes para a base espalhe numa forma e leve ao forno durante 15 min a 220°C/ 450°F

Mix all the crust ingredientes, spread in a pan and bake the crust first for 15 min at 220°C / 450°F

2.Tire do forno, coloque o molho de tomate a mozzarella e os toppings

Remove from the oven, add the tomato sauce, mozzarella and the toppings

3.Leve por mais 15 minutos no forno a 220° C/ 450°F.

15 more minutes in the oven at 220°C / 450°F.