



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 5-6 mins

Serves: 1-2

INGREDIENTS

- 2 eggs
- 1 egg white
- 2 tbsp coconut flour
- ½ tsp mixed herbs
- ¼ tsp smoked paprika
- salt and pepper to taste
- 1 tbsp coconut oil

METHOD

- Heat oil in frying pan on stove top.
- In a bowl, beat eggs with 1 tbsp water.
- Add coconut flour and other ingredients and beat well until smooth.
- Pour mixture into heated frying pan.
- Cook on medium heat covered for 4 minutes, then turn over and cook for a further 2 minutes.
- Stand 5 minutes and then cut into slices, or prepare your pizza.

PIZZA BASE

