

Fathead Dough

INGREDIENTS:

- (1) 1 ½ cups of shredded mozzarella cheese
2 oz of cream cheese
- (2) 1 cup fine almond flour
1 egg, beaten

INSTRUCTIONS:

Preheat oven to 425 degrees Fahrenheit.

Add (1) together in microwave safe bowl. *Microwave* for 1 minute, *stir*, and *microwave* for an additional 30 seconds.

Add (2) together and *add* to cheese mixture from (1) until well combined and smooth.

Roll dough out onto parchment paper with hands, wetting hands slightly with cold water if dough is too sticky.

Bake dough for a total of 10-12 minutes

Uses:

For Pizza, you will want to bake the dough for 3-4 minutes prior to topping, and then bake for an additional 8-10 minutes after.

For chalupa shells, you will want to bake the dough for 8-10 minutes straight.