LEAN BODY



Protein Pizza

HOW TO MAKE IT

- 1. Combine all of your pizza crust ingredients together in a bowl and mix until smooth
- 2. Microwave for around 11/2 minutes
- 3. Add your toppings on and microwave for an additional 45 seconds to 1 minute (until your cheese is melted)

INGREDIENTS

Pizza Crust:

1/4 Cup (28g) Almond or Oat Flour 1 Large Whole Egg 1/4 Cup (28g) Fat Free Pizza Cheese 1/4 Cup (2 Ounces) **Lean Body Vanilla RTD** 1/4 Teaspoon Italian Seasoning 1/4 Teaspoon Baking Powder 1/4 Teaspoon Salt

Optional Toppings:

1/4 Cup (28g) Fat Free Pizza Cheese Pizza Sauce Pepperoni

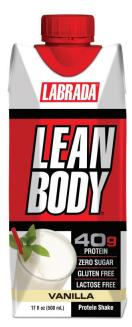
NUTRITION

Whole Recipe Makes: 1 Recipe

Calories: 398
Fat: 22g
Saturated Fat: 3g
Sodium: 502mg
Carbs: 12g
Fiber: 4g
Sugar: 1g
Protein: 38g

TIPS

Use whatever toppings you want!





5:00