

# 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 1 1/2 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!

