

“Roberta’s” Neapolitan Pizza

Inspired

This pizza came out so well and was as close to a real Neapolitan pizza as I can imagine for a keto diet!

For the Dough:

- 1 $\frac{1}{2}$ cups Shredded Mozzarella Cheese
- 2 tbsp Cream Cheese
- $\frac{3}{4}$ cup Almond Flour
- 1 pinch Garlic Salt

For the sauce:

- 1 can (28 oz.) San Marzano tomatoes, whole
- High quality olive oil
- Sea salt, fine/flaked (I used Maldon’s)

Toppings:

- Buffalo or fior di latte Mozzarella
- Fresh basil

Directions:

- Put your pizza stone or baking sheet in the oven and preheat to 450 degrees F.
- In a microwave-safe bowl, add in the mozzarella and cream cheese. Microwave for 15-30 seconds at a time, and

stir with a fork. Once the cheeses are fully melted together, add in the almond flour. Knead the almond flour into the cheese until it forms a nice ball of dough

- Place the dough on a sheet of parchment paper on your counter and start spreading it by gently pressing this dough out evenly keeping the round/circular shape. Continue this until the dough is about 6 inches in diameter.
- Next, lift the dough off the parchment and place it on our knuckles. From here, continue to rotate and stretch the dough on the back of your knuckles in one direction. Pull it wider and wider with each rotation until you reach a diameter around 9-10 inches wide.
- At this point, place the dough back down onto the parchment and continue to push the dough outward gently while keeping it in a circular shape. I made sure to push a little bit more dough towards the very edge to give it a “bump” so as to form a crust. Your pizza should now be around 12-13 inches in diameter now with a crust that’s just about 1/4 inch thick in most places. Remember, we are aiming for a THIN CRUST here.
- Sprinkle the pinch of garlic salt across the dough. Use a fork to poke holes all around your crust and put in the oven.
- Bake the dough for 10-11 minutes until you get a nice dark brown bottom. Note that for the best flavor you WANT the dough to get very brown (unlike regular pizza dough that you’d want to be light in most places with some char marks)

WHILE THE PIZZA IS BAKING, MAKE YOUR SAUCE:

- Drain the tomatoes from the can and discard the juice. Use an immersion blender or a regular blender to puree the tomatoes until almost smooth.
- Add a splash of olive oil and a pinch of salt, mix BY HAND, and taste. Add more olive oil and salt and mix to taste, but do keep in mind that the sauce will reduce slightly while broiling, so it will get slightly saltier on its own. Note that mixing in the olive oil by hand as opposed to blending is key, as some olive oil does tend to become very bitter when blended at high speeds. You will have a ton of leftover sauce here but this will keep for a week or two in the fridge (or much longer in the freezer).
- After the dough has baked thoroughly, remove from the oven and add 2-3 oz of sauce on the pie and spread evenly. Yes, ONLY this much sauce is needed here. Do not over sauce. Then, scatter a handful of whole basil leaves on top of the sauce, finally topping the pie with several globs of fresh mozzarella. Remember, sauce – then basil – then cheese.
- Change your oven settings to broil and place your pizza under the broiler for another 1-2 minutes until your cheese is just melted down.

Then remove from the oven and chow down!

I didn't calculate the full macros for this recipe but there are 16 net carbs total in the entire pie.