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Protein

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Chicken Alfredo Pizza with Gluten Free Pizza Crust

Crust:
1 1/2 cups arrowroot powder
1/2 cup coconut flour
1/2 cup melted coconut oil
3 large eggs
2 Tbs warm water
1/2 tsp sea salt
1/2 tsp baking soda

Directions:

Combine all ingredients in a mixer with a dough attachment. Mix until loose ball forms. Let sit for 5 minutes and mix again. Divide into 2 balls. Place each ball between two pieces of parchment paper and roll with a rolling pin to desired thickness.

Tip: You may also want to add some herbs to your dough for added flavor.

Alfredo Sauce:
1 package low fat cream cheese
1/2 a stick unsalted butter (1/4 cup)
3/4 cup milk
1 tsp garlic powder
1 tsp onion powder
1/4 tsp salt (or to taste)
1/4 tsp black pepper (or to taste)

Directions:
Heat all ingredients on stove until cheese and butter are melted and combined.

Pizza Toppings:
1 1/2 cup grilled chicken breast, cubed
1/2 cup mushrooms, chopped
1/2 cup spinach, chopped
1/2 cup grated Parmesan cheese

Directions:
Spread Alfredo sauce on the pizza crust and add your toppings as desired. Bake at 400 degrees for about 15 minutes. Crust should be golden brown.