HALLOWEEN PIZZAS

- 12g Double cream - MORRISONS
- 21g Eggs
- 37g Ground almonds – MORRISONS
- 75g Italian mozzarella – MORRISONS
- 12g Salami
- 7g Psyllium husk
- 24g Tomato puree
- 10g Olives
- 40g Mature cheddar cheese

You will also need a pinch of dried herbs and a teaspoon of GIA garlic paste.

Pre heat oven to 170c / fan 150c / gas 4.
Melt the mozzarella in a microwave until it looks milky, then mix in the ground almonds, psyllium husk, egg and cream, mix well to form a dough.
Divide in to 4 equal size pieces and roll in to a 4-inch circle.
Roll it between two sheets of baking parchment.
Mix the Gia garlic and tomato puree together with a pinch of dried herbs.
Place the pizza bases on a non-stick baking tray and spread the tomato paste over each one, top with finely grated cheese, dividing equally.
Use the olives and salami to make spiders, or any decoration you like.
Cook for approximately 15 minutes.

Mo’s tip: The photo shows my decoration, you or your children will probably do better!!
Good for non-keto eaters too.

Each mini pizza gives: 16.1g fat / 9.9g protein / 1.6g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION