## **Nutrition Facts**

**Servings Size:** 1 Whole Pizza **Recipe Makes:** 1 Serving

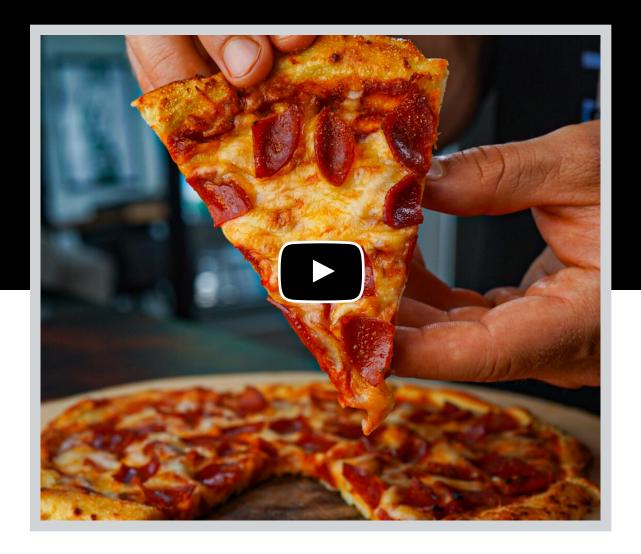
Amount Per Serving Calories

405

**Total Fat** 9g

**Total Carbohydrate** 46g

**Protein** 35g



## Air Fryer Personal Pan Pizza

## Ingredients

- 45g Self Rising Flour (can sub with AP Flour but just sub in a big pinch of salt and 3g baking powder)
- -8g Coconut Flour
- -3g Nutritional Yeast
- Garlic Powder (don't be shy with it)
- -100g Plain Non Fat Greek Yogurt

- 48g Egg Whites
- -80g Low Fat Marinara
- 28g Part Skim Mozzarella
- -8 Turkey Pepperonis (cut into quarters)
- Non Stick Cooking Spray

## **Directions**

- 1. Add your dry ingredients into your bowl and mix to avoid clumping. Then add your wet ingredients and mix till you get a thick paste consistency.
- 2. Measure out your air fryer to see how big of a pizza can fit. Mine is 10x10 inches so I cut a piece of parchment that big.
- **3.** Add dough to the middle of a big piece of parchment paper. You want to spread this crust to as big of the parchment as you can. The spread of the crust is a skill you will get better at over time but the premise is spreading from the inside out in a circular motion to ensure you keep the edges thick for the crust.
- **4.** Now carefully add the parchment with the crust on it to your air fryer and air fry on 400 degrees F for 5 minutes or until crust is golden.
- 5. Then flip the crust and take the parchment paper off. Air fry on that side for another 3 minutes.
- **6.** Now flip the crust back over to the top and add all your toppings. Then spray the crust with non stick cooking spray and add garlic powder on the crust.
- **7.** Air fry for another 3-4 minutes or until the toppings are golden. Check after a minute or so because the pepperonis like to fly around. If they did, just put them back on the crust and they should stay because the cheese is now melted.
- 8. Then once done, slice up and enjoy!