

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!