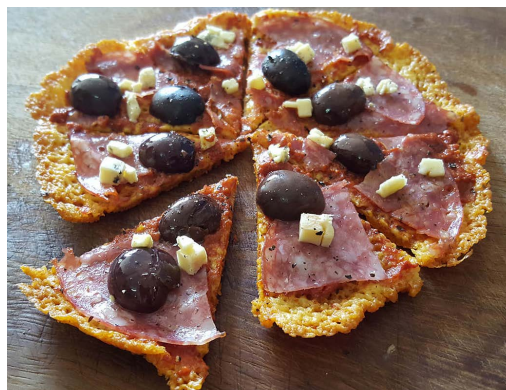


## How To: Skillet Pizza

Eating keto doesn't mean you are doomed to a pizza-less existence. There are a lot of options. Cauliflower pizza, fathead pizza, pizza bowl or skillet pizza are all great ways to get around the pizza issue. Skillet pizza is a quick, easy and amazing way of getting everything a traditional pizza has without the carbs; pizza toppings on a base of fried cheese.



### Ingredients:

- 1 cup of grated cheese (both mozzarella and cheddar are fine, any shreddable cheese will work)
- 1 tbsp butter
- 2 cubes pizza sauce
- pizza toppings of your choice (make sure these are already cooked)

### Directions:

1. Put your grated cheese in a non-stick frying pan or skillet on medium to high heat. I used about one cup of grated cheddar but the amount of cheese you use depends on the size of pizza you want or the size of your pan, make sure it's enough to cover the surface area of your pan. Melt your cubes of pizza sauce in a separate small frying pan along with the butter. Keep the heat on low and move the skillet off the heat if the eggs cook too quickly.
2. The cheese will start to melt and you can use a spatula to round the edges of the base carefully. Mix the butter and sauce together until combined and set it aside.
3. The edges of the cheese will start to brown slightly but it takes a lot to burn so don't rush the process.
4. Test the consistency of the base with a spatula and when your cheese is starting to hold together when lifted slightly you can take the pan off the heat and spread the sauce over your base carefully.
5. Add your toppings quite quickly and slide the pizza into your plate/cutting board. Use a large sharp knife or pizza cutter to cut your slices, the cheese goes hard and crispy once it's out of the frying pan.

Recipe and images by [www.alittlebitofketo.com](http://www.alittlebitofketo.com)