



ATHLETE

Ingredients

Paleo Pizza Crust:

1 cup tapioca flour (125 g)

1 egg

1 tbsp olive oil

1 tbsp water more if needed

Paleo Pizza Toppings :

Pesto

Basil

Garlic

Parsley

Olive oil

Pine nuts

Slices of tomato

2 Eggs

optional: Romano cheese

Serving: 1 half

Calories: 414 kcal

Carbohydrates: 53g

Protein: 9g

Fat: 18g

Paleo Breakfast Pizza



2 servings



30 minutes



Mary Ewen

Instructions

1. Preheat oven to 375.
2. Spray the cookie sheet with some avocado oil or place the paleo breakfast pizza on a sheet of parchment paper.
3. Combine ingredients until a wet dough forms, this does not feel like your typical dough.
4. Spread it out evenly and thinly on a cookie sheet or pizza pan.
5. Mix Topping Spices, oil and pesto until smooth.
6. Top with egg, Romano cheese and whatever else you want on it.
7. Bake your paleo breakfast pizza for 15 minutes.
8. When the cooking is done, add prosciutto.