

Messy Mug Meal: *Pizza*

THM-Friendly: S

Crust:

- 1/4 cup THM [Baking Blend](#) (or [almond flour](#))
- 1 (3 Tbsp.) egg white
- 2 tsp. olive oil
- 1 tsp. water
- a couple of shakes of Italian seasoning, basil, oregano, garlic powder
- a pinch of [mineral salt](#)
- 1/2 tsp. baking powder

Toppings:

- Raos marinara sauce (or any sugar-free pizza sauce)
- cheese, mozzarella is suggested
- toppings of choice
- pepperoni, bacon, ham, sausage, veggies (onions, peppers, olives), even pineapple

Put crust ingredients in a large (20ish oz.) mug and microwave for one minute.

Layer in the sauce and cheese. Microwave for about 1.5 minutes; check on it every 30 seconds.

enJOY!

NOTE: it is a wise idea to put your mug on a plate - unless you want to clean your microwave, that's entirely up to you.

