

## Low Carb Pizza

Bummer, again I forgot to snap a pic before eating! So, I'll have to just wing it. Since going vegan, the one thing we bend the rules on is pizza. While we don't load it on our pie, we do stray from being vegan on pizza night.

### Ingredients:

- 1 low carb tortilla
- 2 t. pizza sauce
- Italian seasoning
- Mozzarella cheese or vegan cheese, if you prefer
- The rest is up to you

Our pizzas are all vegetables and mine usually includes mushrooms, spinach, onion, black olives, diced tomatoes, I also sprinkle on some vegan Parmesan and a little drizzle of olive oil. Tom adds peppers and red pepper flakes to his and skips the olives.

### Directions:

1. Preheat oven to 225 degrees.
2. Pierce the tortillas with a fork and bake for about 10 minutes, turning over halfway. They should be a little crispy.
3. Remove from the oven and bump up the temperature to 400 degrees and build your pizza with whatever you like. Remember, this is a VERY thin crust so be careful how high you pile it on or you may have eat it with a fork!

NOTE: You can also make the [Rosemary Focaccia Bread](#), omitting the rosemary and adding Italian Seasoning. Once you've baked it, remove from

the oven and build your pizza. Unlike the recipe above, this one is NOT low carb!