

## RECIPE\_ Sullivan's KeDough Pizza

**Kristie Sullivan:** Hi, one of the biggest challenges of going low-carb is to have really good pizza. Now if you go online and start looking at Pinterest you're going to see literally hundreds of pizza crust recipes made with cauliflower, pork rinds, almond flour and even the very famous fathead pizza dough, which uses a combination of almond flour, melted mozzarella cheese and cream cheese.

Well we have a nut free pizza crust that I really think is actually a little bit better than fathead pizza and a whole lot easier. Let me show you what I've come up with, it's super, super simple. We're going to start with a half cup of whey protein isolate. Now I said whey protein isolate. Remember I use this because the isolate has the casein and the lactose removed, so it's lower carbohydrate.

I have a couple of brands I prefer, Hoosier Hill Farm is great and Isopure is really my favorite, that's what I'm using today. So Isopure is zero carb, it doesn't have the sweeteners that are often added to unflavored protein powders. Jay Robb is another excellent brand. Just be careful with whatever you get that the ingredients are fairly clean and you want whey protein isolate.

Okay, half cup of Isopure unflavored... we deal with unflavored this time. To that I'm going to add 2 ounces of cream cheese really simple. So well, this is not free, it isn't dairy free. We're also going to add 3 ounces of shredded mozzarella cheese. And you know that if you shred your own you can often avoid the food starches that are added to the packaged cheeses.

And this is Parmesan cheese, 3 ounces of Parmesan cheese grated. So 3 ounces mozzarella, 3 ounces Parmesan. Notice I'm not putting anything in the microwave or on top to melt that. We're just mixing it altogether. In fact, I don't even need to mix it now. We throw the other ingredients in.

These are all seasonings. Add a half teaspoon of granulated garlic, this is garlic powder. If you don't like garlic you can certainly use less, I love this stuff. This is a half teaspoon of baking powder. Remember the difference between baking powder and baking soda. Baking soda needs an acid to activate it. So this is baking powder and you want to get an aluminum free.

If you're careful with the ingredients this is one half teaspoon of salt... and the cheeses can make it salty so if you're using a saltier cheese you might want to leave that until the end and taste the dough before you add the salt. This is a half teaspoon of Italian seasoning. I probably would add a full teaspoon if I was making it for my family, but not everybody loves these flavors.

I'm going to add 2 tablespoons of olive oil and that's... Oh, one egg, that's it. So one large egg. And my cream cheese has been sitting at room temperature. I did that so that it would soften and so it does mix a little more easily when you do that. Now I have made this pizza start to finish in 30 minutes and that is faster than delivery around my house.

I am taking a little longer because I'm talking, but this is something that I really think you could easily make on a worker school night. We always look for fast at my house on a weeknight. It also is simple enough that you could make a couple of batches at a time and you can freeze the crust to use for future use.

Now this crust, I'll describe it to you, it's bread like. It can seem a little dry if you are eating it without any sauce, but once you put your sauce on there it's really delicious. I think you can make breadsticks with it and you can actually pick it up. So I'm excited about it, I have to admit, there are few recipes I get excited about. This crust is one of them because it's so difficult to make a really yummy low-carb crust.

I mean let's face it, there wouldn't be hundreds of recipes out on Google and Pinterest if there was one that was really, really perfect. So I think the fact that there's so many variations is that nobody has really found one they really, really love. This crust is actually special enough. Now I've invited a special guest to come a little later on and try out this pizza crust. And I think you've might recognize him a little later when he comes to join me.

Okay, our dough is done, it's come together and you can see it's in a bowl. So what you can do now is you could put this on a round pizza stone. Now I always use parchment paper, because the dough is a little sticky. So you could bake it as one round pizza. For this recipe I usually get one 11 inch pizza. It bakes up to about 12 inches in diameter.

But what I am going to do, because I don't know about your family, but in my family everybody has a different favorite pizza topping. So I'm going to portion this into four. So I'll put a dollop of dough there. I will put another fourth of dough there. I'll do another half of the half here. And generally what happens if I've divided it evenly I am able to do four 5 inch rounds. Now they are 5 inches in diameter when I smooth them out.

And then they are about 6 inches in diameter after they bake. I add some more to that guy. And notice, I'm not really having to get my fingers in here. I did that just to clean the spoon. But this whole recipe you can make just by using the back of the spoon. I'm using a wooden spoon, but you could use a spatula.

I'm giving you that diameter, the 5 inches in diameter, as a general guide so you will know how flat to make it. Obviously most people aren't going to measure, but people ask me how thick it should be. It's really a little more than a quarter inch thick. And if you're following me in centimeters I can't help you, I'm so sorry. So then we'll do the second one. I often make a rectangular pizza and then I just separate toppings.

So for example my husband and I really love bell pepper and so I put a long strip of bell pepper and that's kind of a dividing line between our toppings. He likes jalapenos, so I will put jalapenos on his side and on my side I like a lot of Italian sausage, so I will put more Italian sausage.

Another thing I like about smoothing these out into four rounds is that there is some portion control. Now we're going to put these in the oven at 350° and the smaller ones are going to bake for about 15 to 20 minutes. Now I'm not putting toppings on them, I am putting them in just as they are.

Once they get nice and brown you pull them out, put your toppings on, put them back in and keep in mind that how long you're going to bake for that second time once you put the toppings on, is going to depend on how much or how many toppings you put. So for my pizza I love to put the pepperoni, and the sausage, and the onion, and bell pepper, and lots of mozzarella, so it might take 10, 12 minutes for my pizza to be done.

Somebody like my son Jonathan, who only wants cheese, we could sprinkle some tomatoes, or put some tomatoes and sprinkle some cheese on top, put it in the oven and his is probably going to be done in 5 to 7 minutes. So that second bake time just keep an eye on it because it's going to vary by topics and your taste.

Now this is done, these four are all pretty much the same size, they are about five inches in diameter, they would bake out to be about six. So let's put them in the oven and then we'll see what we have. So we have all of our pizza toppings ready and as I mentioned before we have a special guest helping us make dinner, to try out the new crust that I've been making.

**Dr. Eric Westman:** Hi.

**Kristie Sullivan:** I'm so excited to have Dr. Eric Westman here helping make pizza. So what do you think of the dough so far?

**Dr. Eric Westman:** Well looks great and smells great. Can we give it a try?

**Kristie Sullivan:** We can but we've got work to do, so we've got to make pizza first. Have you ever made a pizza before?

**Dr. Eric Westman:** Not like this.

**Kristie Sullivan:** This is different and if you've tried, you've tried a lot of low-carb pizzas, I'm sure...

**Dr. Eric Westman:** I've tried different times the crusts with pork rinds, fat head, chicken... How is this one made?

**Kristie Sullivan:** This is very different and I can tell you about it as I kind of get started. I'm going to put some tomato sauce on it, but this looks kind of different. What I love about this is it's very low carbohydrate. It actually uses whey protein isolate. And what I understand is that whey protein isolate is a really good option, because the isolate has the casein and the lactose removed. Are you familiar with that?

**Dr. Eric Westman:** Yeah, I am.

**Kristie Sullivan:** So whey protein isolate, and I use a brand named Isopure. So zero total carbohydrate in the protein powder. It also has mozzarella cheese, only 3 ounces in the entire recipe and then 3 ounces of Parmesan cheese, because I know for your patients you have them with dairy... How many ounces per day?

**Dr. Eric Westman:** So at the beginning, yes, not much. It's more like 4 ounces of cheese and a couple of tablespoons of cream.

**Kristie Sullivan:** And so there is 6 ounces of cheese in this entire recipe. So if I had one of these servings I'm probably okay, right?

**Dr. Eric Westman:** Yeah, absolutely.

**Kristie Sullivan:** I like that. Eric, if you want to put sauce on there.

**Dr. Eric Westman:** Are you not going to make it for me?

**Kristie Sullivan:** I can make one, and you can make one, just put tomato sauce.

**Dr. Eric Westman:** Okay, deal.

**Kristie Sullivan:** Now, tomato sauce you want to be careful with, because tomatoes are carby, right?

**Dr. Eric Westman:** Yeah.

**Kristie Sullivan:** So I put a lot on for me, I put a lot on that one, but that is just tomato sauce without a lot of seasoning or anything, so it's pretty clean. I'm going to put...

**Dr. Eric Westman:** Okay, you first.

**Kristie Sullivan:** I'm going to put the sausage on there. You know what, I may just use my fingers. Another trick that you can do is put the sauce and then put some mozzarella cheese and then put the toppings and then put more mozzarella cheese. And now put the toppings just like the other.

**Dr. Eric Westman:** Now, this is dinner, right?

**Kristie Sullivan:** This is dinner, this is dinner. Or breakfast.

**Dr. Eric Westman:** How about this one with the pepperoni?

**Kristie Sullivan:** Oh, yeah the pepperoni... put a little onion. Do you mind if I'll put a little onion on it?

**Dr. Eric Westman:** I love onions.

**Kristie Sullivan:** And I have to put this in the oven and once we get all the toppings on, we'll put it back in the oven at 350 and... oh, mushrooms, I'm just going to throw this on. Do you want pepper or bacon?

**Dr. Eric Westman:** Absolutely.

**Kristie Sullivan:** Do you want broccoli?

**Dr. Eric Westman:** Oh, I'm going to pass on the broccoli.

I think I will too. Who put that in there?

**Dr. Eric Westman:** If it was the white sauce, maybe, how's that?

**Kristie Sullivan:** Maybe. Okay. And some mushrooms. Oh, pepperoni. You know, the pepperoni, I don't know if you realized this, but often you should put the pepperoni on first, because it'll burn.

Unless you cover it with a ton of cheese, so if you put it on there... because it does, tends to... I guess it's fatty and it's thin, but it tends to burn, so I should've put it sooner. Wow this looks really good! We're loading them up with all this toppings! I love

fresh spinach too, so we could of put spinach, goat cheese like, there are so many things that you can do on these. More bacon, right?

**Dr. Eric Westman:** Of course, never enough bacon. But, now, I know you are also always interested in minimizing cleanup.

**Kristie Sullivan:** Yes, absolutely.

**Dr. Eric Westman:** Are you thinking about that here?

**Kristie Sullivan:** Well, you know, it's not actually, not so bad. What I love about the crust is that you make it in one bowl. And so it's one bowl and it is easier for just one large crust than doing the four. But this is also nice for kid's lunches, or like put it in the freezer, pull it out, make a quick lunch. So, I also like quick. And so, if you spend the time meal prepping and then you have something fast. I think we're done if we just sprinkle cheese over top.

**Dr. Eric Westman:** You can always use more cheese.

**Kristie Sullivan:** Yeah, more cheese over top. But I got to be careful with my ounces, my limit, my guideline.

**Dr. Eric Westman:** Right. Well, especially at first.

**Kristie Sullivan:** Yeah, and you know, something that works well-- I'm going to put some black olives on this one.. Something that works well too with cheese is to put a little parmesan cheese, so you put mozzarella and put a little bit of parmesan. Parmesan has such a strong flavor that you use less of it.

And so, that's another kind of tip, if you want to really minimize the dairy, use Parmesan or a mix of mozzarella and parmesan, because mozzarella gives that creamy, gooey, cheesy feel but parmesan gives you like a huge amount of flavor. Packs a real punch of flavor... Look.

**Dr. Eric Westman:** I'm getting hungry. How long is this going to take again?

**Kristie Sullivan:** Well, we piled this pretty high, but maybe they'll be ready in 10 to 12 minutes. We could take something to drink and get ready to eat. Okay, so, can you take this to the oven?

**Dr. Eric Westman:** Okay, I will.

**Kristie Sullivan:** Okay, back to the oven.

**Dr. Eric Westman:** Carefully.

**Kristie Sullivan:** Yeah, careful there.

**Dr. Eric Westman:** You may wonder why I'm here. I'm actually just down the street, here in North Carolina and Kristie invited me over for dinner. Thank you so much. Do you mind if I have some tea?

**Kristie Sullivan:** Oh, please, help yourself. Unsweet tea.

**Dr. Eric Westman:** Of course. That's right, in the South, if it's tea, it's got sugar in it so, you want to make sure that it's unsweet tea here in the South. But, that smells fantastic. Thank you. Cheers.

**Kristie Sullivan:** Cheers. Do you have a preference?

**Dr. Eric Westman:** Well, can we have a little bit of each one maybe?

**Kristie Sullivan:** This one has a lot of cheese, let's try that one.

**Dr. Eric Westman:** Yeah, let's try that one first.

**Kristie Sullivan:** Okay, these are hot, are just out of the oven. And you know, we can cut several of these, I don't even remember what's on some of them. So, let me grab these. This has black olives. Do you like black olives?

**Dr. Eric Westman:** I do.

**Kristie Sullivan:** Okay, let's grab that one.

**Dr. Eric Westman:** So, do you want me to cut this? I don't know...

**Kristie Sullivan:** Are you nervous about cutting it?

**Dr. Eric Westman:** Remember I'm not a surgeon.

**Kristie Sullivan:** That's right, you're not a surgeon. Do you want me to do it?

**Dr. Eric Westman:** I'm a medical doctor... Please. And you are a doctor too I understand.

**Kristie Sullivan:** I am a PhD. You know what my children say? They say "Our mom is a doctor but she is not the kind who can help people."

**Dr. Eric Westman:** Well, it's not true at all, now you are helping people.

**Kristie Sullivan:** The irony, right? Okay, so now it's going to be really hot. But one of the things I really love about this crust is that it's sturdy so notice I didn't get knives and forks.

**Dr. Eric Westman:** It's not a knife and fork pizza.

**Kristie Sullivan:** It's not a knife and fork pizza. And that's rare with low-carb pizza.

**Dr. Eric Westman:** Yeah, it is.

**Kristie Sullivan:** Oh, I'm going to tear it off. Man, this one is really piled with toppings. I think I did this one, I got a little excited doing toppings.

**Dr. Eric Westman:** Smells great.

**Kristie Sullivan:** Oh, do you hear to crunch?

**Dr. Eric Westman:** I do.

**Kristie Sullivan:** That's exciting too, because crisp was also really hard to accomplish. So, what do you think, you think we can try it?

**Dr. Eric Westman:** I think so, let's try it.

**Kristie Sullivan:** Dr. Westman was telling that he's just up the road in Durham North Carolina and it was actually his plan in the back of Gary Taubes' book that I followed... It's hot, be careful... And so it's been really an honor to kind of work with him, in various kind of capacities, because it was his plan I followed to lose my weight and it really changed my life and I appreciate you're doing that.

**Dr. Eric Westman:** Well, thank you for the pizza.

**Kristie Sullivan:** If he likes this he may be coming down the road a lot, right. It's hot, please be careful, I'm worried you are going to get burned. See the steam coming off this?

**Dr. Eric Westman:** Yeah.

**Kristie Sullivan:** Maybe we should wait just a minute. It smells great. This one has pepperoni, some onion, some mushroom. What do you think, is it good?

**Dr. Eric Westman:** Wow, look at that.

**Kristie Sullivan:** It's like bread like texture, isn't it? Do you really like it?

Mm-hmm. I wanted to make a deep dish pizza and this is like my fail for the deep dish, but I think it's a pretty decent crust. Okay, I'm going to try it, try the end.

**Dr. Eric Westman:** Crunchy... ...delicious... a lot of oil, which is fine, remember?



**Kristie Sullivan:** I mean, I don't need to take a paper towel and draw the fat. This really reminds me, with the sausage and the pepperoni, it really reminds me of the Pizza Hut pizza. I don't know, do you remember those? You don't remember those?

**Dr. Eric Westman:** It's been so long since I had one of those.

**Kristie Sullivan:** It's been over four and a half years for me, but...

**Dr. Eric Westman:** I mean, is it a good thing to say that it's as good as a store-bought pizza? No, I don't think so, this is better.

**Kristie Sullivan:** This is better and, you know, it's homemade. And it's all real ingredients, real food, and you can't beat it. Once you get used to it, it really is best of in the homemade pizza that you make yourself. I am so glad that you came down to try pizza with me.

**Dr. Eric Westman:** My pleasure. Now can I finish this, please?

**Kristie Sullivan:** You can finish that. I hope if you make this recipe for your family that they enjoy it as much as we do.