

Healthy Zucchini & Chia Pizza Crust (Low-Carb, Gluten-Free & Easy!)

Healthy Zucchini & Chia Pizza Crust ??



OVEN
375°F

TIME
10 min

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INGREDIENTS

1 medium zucchini, grated (about 2 cups / 250g)

2 tbsp chia seeds

3 tbsp water

1/2 cup almond flour (60g)

1/2 cup shredded mozzarella (optional for extra flavor or skip for dairy-free)

1 egg (or flax egg for vegan option)

1/2 tsp garlic powder

1/2 tsp dried oregano

1/2 tsp sea salt

? Swaps and Notes:

No egg? Use a flax egg (1 tbsp ground flax + 3 tbsp water) for a fully vegan crust.

Nut-free? Substitute almond flour with sunflower seed flour or oat flour (texture will vary).

Add heat: Try a pinch of red pepper flakes or chili powder for extra kick.

Boost fiber: Add 1 tbsp ground flax for added texture and satiety.

??? Instructions:

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

Make the chia gel: Combine chia seeds and water in a small bowl. Stir and let sit for 10 minutes until it forms a gel.

Prep the zucchini: Grate and then squeeze out as much moisture as possible using a clean towel or

cheesecloth.

Mix everything together: In a bowl, combine zucchini, chia gel, almond flour, mozzarella (if using), egg, and all seasonings.

Shape the crust: Spread the mixture onto the lined baking sheet into a thin, even round or rectangle.

Bake the base: Bake for 20 minutes until the crust is golden and edges are slightly crisp.

Add toppings: Layer on your favorite sauce, veggies, or proteins.

Final bake: Return to the oven for an additional 10 minutes to finish cooking the toppings and crisp the edges.

? Tips for Success:

Really squeeze the zucchini-this step is crucial for a crust that's not soggy.

Use parchment paper to avoid sticking. Do not skip this!

For even crispier results, flip the crust after the first bake and bake the underside for 5 minutes before adding toppings.

? Serving Suggestions & Pairings:

A refreshing side like this Light Tangy Chicken Salad

A sunny beverage like Blueberry Lemonade

Or double the party vibes with a side of Sheet Pan Quesadillas

? Storage & Leftovers:

Fridge: Store leftover crust or slices in an airtight container for up to 4 days.

Freezer: Freeze the baked crust between parchment layers for up to 1 month. Reheat in oven or toaster oven for best texture.

Reheat tip: Avoid the microwave-it makes the crust soggy. Use a skillet or oven to restore that crispness.

DIRECTIONS

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Make the chia gel: Combine chia seeds and water in a small bowl. Stir and let sit for 10 minutes until it forms a gel.
3. Prep the zucchini: Grate and then squeeze out as much moisture as possible using a clean towel or cheesecloth.
4. Mix everything together: In a bowl, combine zucchini, chia gel, almond flour, mozzarella (if using), egg, and all seasonings.
5. Shape the crust: Spread the mixture onto the lined baking sheet into a thin, even round or rectangle.
6. Bake the base: Bake for 20 minutes until the crust is golden and edges are slightly crisp.
7. Add toppings: Layer on your favorite sauce, veggies, or proteins.
8. Final bake: Return to the oven for an additional 10 minutes to finish cooking the toppings and crisp the edges.
9. ? Tips for Success: Really squeeze the zucchini-this step is crucial for a crust that's not soggy.
10. Use parchment paper to avoid sticking. Do not skip this!
11. For even crispier results, flip the crust after the first bake and bake the underside for 5 minutes before adding toppings.
12. ? Serving Suggestions & Pairings: Top this crust with a zesty tomato sauce, vegan cheese, roasted veggies, or grilled chicken. Want to make it a full

meal?

13. Pair it with:
14. A refreshing side like this : Light Tangy Chicken Salad
15. A sunny beverage like : Blueberry Lemonade
16. Or double the party vibes with a side of : Sheet Pan Quesadillas
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19. Reheat tip: Avoid the microwave-it makes the crust soggy. Use a skillet or oven to restore that crispness.
20. ? More Recipes You'll Love: If you enjoyed this healthy twist, check out these other creative ideas from the Chef Maniac kitchen:
21. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies
22. Edible : Cookie Dough
23. Looking for something light and tangy on the side?
24. A Light : Tangy Chicken Salad
25. Final Thoughts: This Zucchini & Chia Pizza Crust is proof that healthy eating doesn't mean compromising on comfort or flavor. It's a blank canvas for your favorite toppings, packed with nutrients, and easy enough to whip up any day of the week. Whether you're making pizza night more nourishing or prepping for a gluten-free guest, this crust has your back.

SWAPS & NOTES

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