

## Cheesy Pepperoni Pizza Roll-Ups: A Snack You'll Be Obsessed With

Cheesy Pepperoni Pizza Roll-Ups



**OVEN**  
**400°F**

**TIME**  
**10-15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

8 low-carb tortillas (or regular 8-inch flour tortillas)  
½ cup pizza sauce (plus more for dipping)  
4 cups shredded mozzarella cheese  
48 slices pepperoni (or more, if you're a pepperoni lover!)

Optional:

1 tablespoon melted butter  
½ teaspoon garlic powder  
½ teaspoon dried oregano  
Grated Parmesan cheese for topping

### DIRECTIONS

- 1.** Preheat : Oven & Prep Pan: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup.
- 2.** Assemble the : Roll-Ups: Lay a tortilla on a clean surface. Spread about 1 tablespoon of pizza sauce evenly over the tortilla, leaving a small border around the edges. Sprinkle with about ½ cup of shredded mozzarella cheese. Lay 6 slices of pepperoni in a single layer over the cheese.
- 3.** Roll and : Place: Carefully roll the tortilla up tightly from one side to the other. Place the roll-up seam-side down on the prepared baking sheet. Repeat with the remaining tortillas and filling.
- 4.** Optional : Garlic Butter Topping: In a small bowl, combine the melted butter, garlic powder, and dried oregano. Brush this mixture over the tops of the assembled roll-ups. Sprinkle with a little grated Parmesan cheese if you like.
- 5.** Bake to : Golden Perfection: Bake for 10-15 minutes, or until the tortillas are golden brown and crispy, and the cheese is melted and bubbling.
- 6.** Serve: Let the roll-ups cool for a minute or two before slicing. Cut each roll-up into 4-5 bite-sized pieces. Serve immediately with extra warm pizza sauce for dipping.

### SWAPS & NOTES

Tortillas: Low-carb tortillas work great for a crispy crust and a lighter snack, but regular flour tortillas also work

wonderfully.

Pizza Sauce: Any jarred pizza or marinara sauce will work perfectly.

You can also use a homemade sauce if you have one on hand.

Cheese: Mozzarella is a must for its incredible melt, but a blend

of mozzarella and provolone or Monterey Jack would also be delicious.

## TIPS FOR SUCCESS

**Don't Over-Sauce:** Using too much pizza sauce can make the tortillas soggy.

**Roll Tightly:** A tight roll ensures the filling stays in place and the roll-up holds its shape while baking.

**Seam-Side Down:** Placing the roll-ups seam-side down on the baking sheet will help them stay sealed while baking.

**Adjust Baking Time:** Keep an eye on your oven, as baking times can vary.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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