

## Crispy 2-Ingredient Cottage Cheese Pizza Crust (No Flour, High-Protein, Gluten-Free)

It's packed with protein thanks to cottage cheese and eggs.



**OVEN**  
**375°F**

**TIME**  
**20 to 25 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 cup cottage cheese (full-fat works best for flavor and structure)  
2 large eggs  
Optional: pinch of Italian seasoning or garlic powder for extra flavor

### DIRECTIONS

- Step 1: Preheat and Prep:** Preheat your oven to 375°F. Line a baking sheet with parchment paper or use a silicone baking mat to prevent sticking.
- Step 2: Blend Until Smooth:** Add the cottage cheese and eggs to a blender. Blend until completely smooth. You want a pourable, lump-free batter.
- Step 3: Shape the Crust:** Pour the mixture onto your prepared baking sheet. Spread it into a thin circle or rectangle, about 1/4 inch thick. The thinner you spread it, the crispier it gets.
- Step 4: Bake:** Bake for 20 to 25 minutes, or until the edges are golden and the center looks set and firm. The crust should no longer jiggle in the middle.
- Step 5: Cool Slightly:** Let the crust cool for a few minutes before adding toppings. This helps it firm up and hold its shape.
- Step 6: Add Toppings and Broil:** Add your favorite pizza toppings, then broil for 3 to 5 minutes until the cheese is melted and bubbly.
- Step 7:** Slice and serve immediately.

### SWAPS & NOTES

and Swaps Cottage Cheese Full-fat cottage cheese gives the best texture and richness.

Low-fat works, but the crust may be slightly softer.

Small curd blends more smoothly, but any type will work once blended well.

Eggs Eggs are essential for structure.

### TIPS FOR SUCCESS

Use parchment paper or a silicone mat to prevent sticking.

Spread the batter thinly for maximum crispiness.

Let the crust cool before topping so it doesn't tear.

For extra crisp edges, bake a few minutes longer before adding toppings.

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

Original recipe: <https://chefmaniac.com/crispy-2-ingredient-cottage-cheese-pizza-crust-no-flour-high-protein-gluten-free/>