

## Cheesy, Crispy, and Blood Sugar-Friendly-This Low-Carb Pizza Crust Is a Total Win

So when I stumbled into this



**OVEN**  
**350°F**

**TIME**  
**5 mins**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 2 cups shredded mozzarella
- 2 cups grated Parmesan
- 2 eggs
- 2 tsp Italian seasoning (or a mix of oregano, basil, and garlic powder)

### DIRECTIONS

1. Preheat and Prep the Pan: I set my oven to 350°F and line a standard cookie sheet with parchment paper. You definitely want the parchment-it keeps the cheese from sticking and helps it crisp underneath.
2. Mix the "Crust" Ingredients: In a big bowl, I toss together:
  3. cups shredded mozzarella
  4. cups grated Parmesan
  5. eggs
  6. tsp Italian seasoning (or a mix of oregano, basil, and garlic powder)
7. I stir it all together until it becomes a sticky, cheesy mixture. Don't worry if it looks too wet-it bakes up perfectly.
8. Spread and Shape: I dump the cheese mixture onto the parchment-lined sheet and spread it out evenly, about 1/4-inch thick. You can shape it into a rectangle or oval-whatever fits your pan best.
9. I make sure the edges are smooth and even to avoid burning.
10. Add Toppings: This time, I kept it classic and laid out a layer of pepperoni slices right on top. But you could use:
  11. Cooked sausage
  12. Mushrooms, olives, or green peppers
  13. Sliced jalapeños for heat
  14. Even a sprinkle of extra cheese if you're feeling bold
15. Bake Until Golden: Into the oven it goes for about 25 minutes, or until the edges are golden brown and the cheese is bubbling and slightly crisp. Keep an eye on

it the last 5 minutes-every oven is different.

16. Optional: Pop it under the broiler for 1-2 minutes at the end for extra crisp.
17. Slice and Serve: Let it cool for about 5 minutes-this helps it firm up and makes slicing easier. I use a pizza cutter to slice it into squares or strips and serve it with a little bowl of low-carb pizza sauce for dipping.
18. You can also fold slices like a soft, cheesy flatbread if you're craving that handheld pizza feel.

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

Original recipe: <https://chefmaniac.com/cheesy-crispy-and-blood-sugar-friendly-this-low-carb-pizza-crust-is-a-total-win/>