Low Carb Pizza Bowls

Pizza sauce

Mozzarella cheese

Favorite toppings: onions, peppers, mushrooms, pepperoni, Italian sausage, ground beef or turkey, ham, olives (any or all your favorite toppings.

Olive oil

Parmesan cheese

Italian Seasoning

Garlic Powder

Preheat oven to 400 degrees.

For each individual pizza use a ceramic or glass dish to bake in, or you can buy disposable aluminum foil pans at the Dollar Store.

Spray the dish with nonstick spray.

If you are using onions, mushrooms, or green peppers I like to slice thin and sauté for 2-3 minutes n olive oil to soften before adding to the bowl.

Add sauce to each bowl, then top with a layer of your toppings, then sprinkle with mozzarella cheese to cover, add more toppings, then cover with sauce then top with more mozzarella then sprinkle with parmesan cheese.

Drizzle with olive oil.

Sprinkle with garlic powder and Italian seasonings.

Place in the oven and bake for 12-14 minutes or until golden brown and bubbly.

You won’t miss the bread on this dish!