

Carnivore Pizza

Cloud Bread Crust

Ingredients:

4 large eggs, separated
½ cup full-fat cottage cheese, blended smooth
2 Tbsp cream cheese, softened
½ tsp cream of tartar
Pinch of salt

Method:

Make the Cloud Bread Base

1. Preheat oven to 175°C (350°F). Line a baking sheet with parchment paper.
2. Separate eggs into two bowls.
3. Add cream of tartar to the egg whites and beat until stiff peaks form.
4. In another bowl, blend the cottage cheese until smooth, then stir in the egg yolks, softened cream cheese, and a pinch of salt.
5. Gently fold the whipped egg whites into the yolk mixture in three parts, taking care not to deflate the volume.

Bake the Crust

1. Spread the mixture into a ½-inch thick round on the prepared tray, shaping it like a pizza crust.
2. Bake for 20–25 minutes, or until golden and set. Remove from the oven and let it cool for a few minutes.

Pizza Toppings

Ingredients:

1½ cups shredded mozzarella cheese
½ cup grated Parmesan cheese
½ cup cooked ground beef
6 slices bacon, cooked and chopped (about ⅓ cup)
¼ cup Pepperoni/Salami slices
¼ cup cooked ham, diced
2 Tbsp beef tallow or bacon grease, for brushing

Method:

Add the Toppings

Lightly brush the crust with tallow or bacon grease for added flavour and moisture.

Sprinkle with mozzarella and Parmesan, then evenly distribute the ground beef, bacon, pepperoni, and ham.

Bake Again

Return the pizza to the oven and bake for another 10–15 minutes, until the cheese is melted and bubbling with golden edges.

Serve and Enjoy. Let the pizza rest for a couple of minutes before slicing. Serve hot and enjoy every carnivore-approved bite!

Tip: Feel free to switch up the toppings — try it with leftover pulled pork or shredded chicken. And if you're a flexible carnivore or following keto, this rich tomato-based sauce makes a delicious base.

