Cloud Pizza: Gluten-Free, High-Protein Delight

Description

Looking for a pizza thatâ??s light, fluffy, and packed with protein? This **Cloud Pizza** is the perfect option. Made primarily from egg whites, itâ??s gluten-free and easy to customize with your favorite toppings. Whether youâ??re following a high-protein diet or just want a lighter pizza alternative, this recipe delivers.

Ingredients

- 1 cup egg whites (or 5 large egg whites from whole eggs)
- 1.5 tablespoons cornstarch
- 1 pinch sea salt

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Instructions

1. **Preheat the oven:** Set to 400Â°F (200Â°C) and line a baking sheet with parchment paper.
2. **Prepare the base:** In a large bowl, whisk the egg whites, cornstarch, and salt using a hand mixer until stiff peaks form (around 3â??5 minutes).
3. **Shape the crust:** Spread the mixture evenly onto the prepared baking sheet. The thickness of your crust will affect baking time, so adjust accordingly.
4. **Bake:** Place in the oven for 12â??14 minutes, or until the crust is lightly golden.
5. **Add toppings:** Spread your desired toppings over the baked crust. Return to the oven until the cheese melts and toppings are warmed.
6. **Serve:** Slice and enjoy your protein-packed, gluten-free cloud pizza!

Tips & Variations:

- For extra flavor, sprinkle herbs like oregano or basil on the crust before baking.
- Keep it keto-friendly by using low-carb tomato sauce and cheese options.
- Try unique toppings like avocado slices, smoked salmon, or sautÃ©ed mushrooms for a gourmet twist.

This Cloud Pizza is not only light and airy but also a delicious way to boost your protein intake without sacrificing taste.

Category

1. High Protein Recipes

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