

# Tropical BBQ Pizza

## with Almond Flour Gluten Free Protein Crust

Almond Flour Pizza Crust with Coconut Oil:

- 2 Cups Almond Meal/Flour
- 2 Eggs
- 2 Tbsp Tropical Traditions Gold Label Virgin Coconut Oil

Our Tropical Toppings:

- 1/2 cup BBQ Sauce (I used Stubbs Chipotle BBQ) – divided portions
- 1 1/2 cups diced roasted chicken  
(Tip: I keep a roasted chicken deboned and diced in the fridge for quick meal prep.)
- 2 cups shredded Mozzarella
- 8 ounces pineapple tidbits, well drained
- 1/4 cup shredded coconut
- 1/2 purple onion – finely diced or sliced  
(Use 1/4 to 1/2 cup, depending on your tastes and size of onion.)
- Cilantro - handful of fresh chopped leaves with stems removed  
(Reserved for top after cooking.)



Instructions:

- Mix all the three crust ingredients together to form a dough.  
Will look just a bit sticky at this point. That is expected.  
Let it rest in the bowl for 10 minutes.

Preheat the oven to 350 degrees.

Tear off two pieces of parchment paper just larger than your pizza pan or stone.

- Cut one piece to the round shape and size of the pan or stone and make that the bottom piece. (My parchment paper says no need to oil it, if yours is not that type, then light oil the two pieces on the side that will contact the dough.)

Put the dough between the two pieces of parchment paper and roll it to desired size and thickness. You might find it more of a pressing out with the rolling pin rather than rolling, but just roll it out to the size of the bottom parchment piece.

- I made mine in a 15" round pan which produces a thin crust that is plenty sturdy to handle lots of toppings.

Remove the top paper and discard. Trim the edges into a nice round crust, like you might a pie crust edge (just because it looks impressive that way ;) ) then transfer the crust, leaving it on the bottom paper, to a pizza pan.

Bake for 10-15 minutes – mine took only 12 – until middle is firm, just barely beginning to hint at browning, before the crust is too crispy because it will cook more after topping added.

- Don't overcook at this point.

Take out of the oven and top with your desired pizza toppings. We used these:

Add a very thin layer of your BBQ sauce, using a spatula makes this easier to spread evenly to the crust edge.

Then add the cheese – ours is 2 cups of good quality mozzarella.

Next, mix the remaining BBQ sauce with your Roasted Chicken and cover the top evenly with the BBQ chicken. Sprinkle with the shredded coconut, the drained pineapple bits, and the finely diced purple onion.

Return pizza to oven for about 10-15 minutes until hot & the cheese is beginning to brown and bubbling.

Top the cooked pizza with the fresh chopped Cilantro and serve!