



**Ingredients:**

- 3 eggs
- 1/2 cup coconut milk
- 2 tbsp minced garlic
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 1 tsp baking powder
- Optional: herbs, spices, salt, pepper

**Preparation:**

1. Preheat oven to 350 F.
2. Mix eggs, coconut milk, and garlic in a bowl and whisk together.
3. Add remaining ingredients and stir until smooth consistency is reached. Note: it will be a bit runnier than traditional wheat flour dough.
4. We like to add fresh herbs and spices into the dough mixture. (Oregano, parsley, or basil work well).
5. Line cookie sheet with parchment paper and spread mixture evenly to edges (~1/8" thick).
6. Cook ~ 12-15 minutes or until crust is lightly browned and not sticky to touch.
7. Dress with favourite toppings.
8. Cook another 10 minutes or until cheese melts and edges are not burnt.

Tip: Make several crusts at once and freeze some for later. Primal pizza then becomes a quick, mid-week meal option for those busy evenings. Serves 4.