



## Goopy 4-Cheese Garlic Pizza



Entire recipe: 324 calories, 10g total fat (5.5g sat. fat), 790mg sodium, 34.5g carbs, 5g fiber, 4g sugars, 25g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

#### Crust

3 tbsp. old-fashioned oats  
3 tbsp. whole-wheat flour  
3/4 tsp. garlic powder  
1/2 tsp. Italian seasoning  
1/2 tsp. onion powder  
1/8 tsp. baking powder  
1/8 tsp. baking soda  
Dash salt  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

#### Topping

3 tbsp. light/low-fat ricotta cheese  
1/2 tsp. chopped garlic  
1/8 tsp. onion powder  
2 tbsp. shredded part-skim mozzarella cheese  
2 tbsp. shredded reduced-fat cheddar cheese  
1 tsp. grated Parmesan cheese

### Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

In a small blender or food processor, grind oats to the consistency of coarse flour. Transfer to a medium bowl.

Add all remaining crust ingredients *except* egg whites/substitute. Mix until uniform. Add egg whites/substitute, and stir until it reaches a dough-like consistency.

Shape crust into a circle on the baking sheet, about 1/4 inch thick and 6 inches in diameter.

Bake until top has browned and edges are slightly crispy, about 10 minutes.

In a second medium bowl, mix ricotta, garlic, and onion powder. Spread over the crust, leaving a 1/2-inch border.

Sprinkle with mozzarella and cheddar. Bake until cheese has melted and crust is crispy, about 5 minutes.

Sprinkle with Parm.

**MAKES 1 SERVING**

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