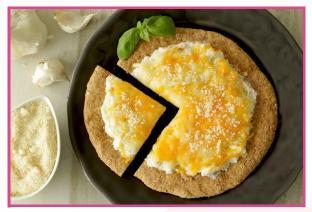




Gooey 4-Cheese Garlic Pizza



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

More: Lunch & Dinner Recipes, Single Serving, 30 Minutes or Less

Ingredients

<u>Crust</u>

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our <u>editorial</u> and <u>advertising</u> policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or

approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? Click here.

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. <u>Click here</u> for more information.

Publish Date: June 2, 2017

Author: Hungry Girl

Copyright $\ensuremath{\mathbb{C}}$ 2025 Hungry Girl. All Rights Reserved.