

Crab Rangoon Pizza

THM-Friendly: S

Compliments of Coach Kristie Leah

Pizza Ingredients:

- 1 batch of [THM pizza crust](#) (I double the single-serve recipe to feed my family with this recipe)
- 1 cup green onions, chopped thin
- 8 oz .cream cheese
- 4 additional oz. cream cheese diced into small cubes
- 1 tsp. each of onion powder, garlic powder and minced garlic
- 1 Tbsp. soy sauce
- 1 Tbsp. Worcestershire sauce
- ¼ cup cottage cheese
- ¼ cup Parmesan cheese
- 1 to 2 cans of real crab meat
- a sprinkle of Parmesan and mozzarella cheese
- 1 on-plan tortilla cut into small strips
- On-plan spray oil



For the chili sauce:

- ½ cup apple cider vinegar
- ¼ cup water
- ½ cup THM [Gentle Sweet](#)
- 1 tsp. crushed red pepper (less or more to taste – I am a wimp; I do not like super spicy)
- ½ tsp xanthan gum

Make the THM pizza crust according to the directions. I like to place parchment underneath and flip it halfway through the cooking process. In a blender or food processor, place half of the green onions, 8 ounces of cream cheese, the Parmesan cheese, the onion powder, garlic powder, Worcestershire sauce, soy sauce, and minced garlic. Blend until smooth and creamy. Spread onto the pizza crust. Sprinkle a small amount of Parmesan and mozzarella cheese on top. Unleash your inner artist and make the pizza toppings your own. Add crab meat and green onions to your preferred amount. Top with the cubed cream cheese randomly around the pizza. Bake the pizza for approximately ten minutes or until the toppings are gooey. While the pizza is baking, take your on-plan tortilla strips and spritz a little oil on them. Throw them in the air fryer or oven for a few minutes to crisp them up. My air fryer only takes about 2 minutes to crisp up. Make the sweet chili sauce by adding all the ingredients except the xanthan gum to a small pot or saucepan. Bring it to a boil and let it simmer for 4-5 minutes. Take it off the heat and add the xanthan gum while whisking for about a minute. When the pizza is done in the oven, add the crispy toppings and drizzle with sweet chili sauce.

enJOY!

