

healthy homemade pizzas

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

makes 2 pizzas

ingredients:

base:

2 C almond meal
½ C brown rice flour
½ tsp pink salt
2 tsp dried basil
2 tsp psyllium husk
4 Tbsp olive oil*
½ C water

basil pesto:

2 C fresh basil
½ C pine nuts
2 cloves garlic
¼ C olive oil*
pinch pink salt
juice of ½ a lemon
3 tbsp nutritional yeast

method:

Preheat oven to 180 degrees. Prepare two flat baking trays with baking paper or a reusable baking mat.

In a mixing bowl, add the almond meal, brown rice flour, salt, basil and psyllium husk and stir to combine. Add the oil and water and mix until it forms a 'dough' – you should be able to roll it into a ball.)

Cut the ball in half and place one half on one piece of baking paper. Using a rolling pin, roll out the pizza base until you get your desired shape and thickness.

Make sure your edges aren't too thin or they will burn. Repeat with the second dough ball then place both trays in the oven for 10-12 minutes.

Prepare your basil pesto by placing all ingredients into a food processor. Set aside.

Heat a little oil in a fry pan and begin to fry your onions, then add the grated zucchini and mushroom.

Once the pizza bases are done, remove them from the oven. Cover the base with basil pesto. Add your toppings, starting with the fried

topping:

1 onion, sliced
3-4 mushrooms, sliced
1 zucchini, grated
10-12 cherry tomatoes, halved
sprinkle of pine nuts
rocket, to top (optional)

dressing (instead of cheese):

3 Tbsp coconut yoghurt
1 ripe avocado, mashed

*Item not available online but is available in your local GoodFor store.



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vegetables then top with cherry tomatoes and pine nuts. Place back in the oven for 10 minutes.

Remove from the oven and allow to cool. For the dressing, combine yoghurt and avocado and mix well until you get a smooth dressing. Dollop over the pizza. Serve immediately.

If you have leftover pesto, pop in the fridge and use as a dip or with another meal.

