



GREEN PESTO GRAIN-FREE PIZZA

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 1210/SERVING



A great way to make pizza healthier, with a nutrient-dense grain free crust that packs a protein, fat and fibre punch. The pizza is topped with plant-based pesto and our favourite green vegetables, and served with an arugula salad. This meal checks all the boxes.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Medium pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Pizza mix	2 cups	4 cups
Ground flax	1 tbsp	2 tbsp
Apple cider vinegar	2 tsp	4 tsp
Vegan pesto	1/2 cup	1 cup
Asparagus	1/4 bunch	1/2 bunch
Zucchini	1	2
Arugula	3 cups	6 cups
Artichoke hearts	2	4
Shallot	1	2
Hemp seeds	1 tbsp	2 tbsp
Dressing	3 tbsp	6 tbsp



Preheat oven to 425°F. Mix the **ground flax** with 2 tbsp of **warm water** (4 tbsp for 4 servings) and let sit for 10 minutes. Prep your ingredients: trim **asparagus**, thinly slice **zucchini**, quarter the **artichoke hearts**, and thinly slice the **shallot**.



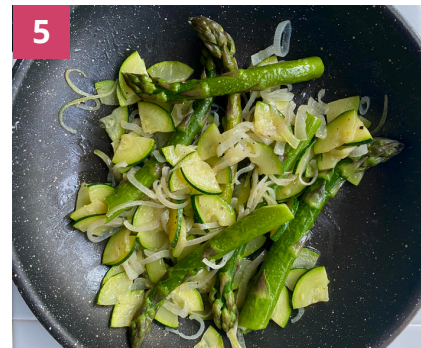
In a large mixing bowl, whisk together the **apple cider vinegar** with 1/3 cup of **warm water** (2/3 cup for 4 servings) and 1/3 cup of **oil** (2/3 cup for 4 servings). Add in the **pizza mix** and **flax mixture** and stir to form a dough.



Transfer the **dough** to a baking sheet lined with a silicone baking mat or lightly greased and work the dough into a 10-12" circle for 2 servings, or one large rectangle for 4 servings. Bake in the oven for 12-15 minutes until set.



Remove sheet from the oven, then top the **pizza crust** with **pesto**, **shallot**, **zucchini**, **asparagus**, and **artichoke hearts**. Return to the oven and bake for another 12-15 minutes until crispy.



Meanwhile, cook any **leftover vegetables** in a medium pan over medium heat with 1 tbsp of **oil** (2 tbsp for 4 servings) until tender. Season with **salt** and **pepper**.



Toss the **arugula** in the **dressing** and serve alongside the **pizza** and **sautéed vegetables**. Sprinkle the **hemp seeds** over everything.

Nutrition Facts		Valeur nutritive	
Per (405 g)			
Pour 1 (405 g)			
Calories 1210		% Daily Value*	
Fat / Lipides 95 g		% valeur quotidienne*	127 %
Saturated / saturés 13 g			65 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 76 g			
Fibre / Fibres 17 g			61 %
Sugars / Sucres 8 g			8 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1270 mg			55 %
Potassium 900 mg			19 %
Calcium 250 mg			19 %
Iron / Fer 7 mg			39 %

*5% or less is a little 15% or more is a lot
 *5% ou moins c'est peu 15% ou plus c'est beaucoup