

## PIZZA DOUGH

### INGREDIENTS

- 1 Active dry yeast packet
- 1 Water (warm)
- 1 t Agave syrup
- 2 1/2 C Whole wheat pastry flour **OR** your choice of gluten-free flour
- 2 T Extra virgin olive oil
- 1 t Salt
- 1 T Hemp seeds
- 1 T Flax seeds (ground)
- 1/3 C Vital wheat gluten



### DIRECTIONS

- 1 Gently whisk the yeast & agave with the warm water
- 2 Let the yeast sit for about 5 minutes
- 3 In a bowl, combine the flour, wheat gluten, salt, oil and then add to yeast water mix
- 4 Gently knead dough into a ball & place it in a floured mixing bowl and allow to sit for a while.
- 5 Remove the dough to a clean bowl & cover it with foil
- 6 Place in a warm area of your kitchen or in a warmer for 1 - 2 hours

## TOMATO FREE PIZZA SAUCE

### INGREDIENTS

- 1 C Water
- 1/4 C Nutritional yeast
- 2 T Cornstarch
- 1 T Gluten-free flour of your choice
- 1 t Lemon juice
- 1/2 t Salt
- 1/4 t Garlic Powder
- 1/4 t Oregano
- 1/4 t Basil



### DIRECTIONS

- 1 Place all the ingredients in a blender & process until smooth
- 2 Pour the mixture into a 2 qt pot & stir over medium heat until it starts to thicken
- 3 Allow to bubble for 30 seconds
- 4 Whisk thoroughly & then add 2 T of the water
- 5 Drizzle immediately over pizza or other food & broil or bake until a skin forms on top
- 6 Refrigerate in a small covered plastic container for a week
- 7 It will become firm when chilled but you'll still be able to spread it