

Pizza Crust with Almond Pulp

by The Rawtarian

Ingredients

1 1/2 cups almond pulp

1 cup ground flax seed

3/4 cup water

1 1/2 tablespoons olive oil

3/4 teaspoon sea salt

3 tablespoons of dried italian spices (basil, thyme or rosemary) (optional)

Put all ingredients in a large bowl. Mix well. Your recipe should now resemble the texture of pizza dough, but a tiny bit crumblier. Divide the mixture into four and shape each of them into your desired pizza crust shape with your hands on dehydrator trays or parchment paper. Dehydrate (or cook in your oven at the lowest temperature) for 4-5 hours, or until crispy.

Once your raw pizza crusts are done store them in a big ziploc bag and place in the freezer. That way you have raw pizza crusts ready to be thawed and used whenever. :)

Kazzie's Notes: This one is delicious!

Pizza Crust

(no dehydrator needed!)

http://goddessintheraw.blogspot.ca/2011_01_01_archive.html

Crust

- 1 cup flax seeds ground into powder
- 1 cup sunflower seeds ground into powder
- 2 Tbsp. olive oil
- 2 tsp. oregano

I used my coffee bean grinder to make the powders. Place everything in a large bowl, mix and knead with your hands, adding water as needed to make a sticky dough. Press dough into the bottom of a large dish (or make small single pizza rounds on separate dishes.)

Once your raw pizza crusts are done store them in a big ziploc bag and place in the freezer. That way you have raw pizza crusts ready to be thawed and used whenever. :)

Kazzrie's Notes: I made this and tried it full raw and it was OK. I then put it in the oven at 250 for about an hour so the outsides got a bit crispy and it was much better slightly cooked.

Raw Pizza

makes four small pizzas

Ingredients:

- 1/2 cup each of hemp seeds, raw pumpkin seeds and sunflower seeds
- 1 cup walnuts
- 1 teaspoon salt & pepper
- 2 teaspoons dried basil (or a handful of fresh)
- 1 tablespoon agave/maple syrup or a few dates
- 1-2 tablespoons water, as needed
- 1/2 onion, sliced (optional)
- 2 peeled garlic cloves (optional)

Pulse all ingredients in your food processor until it sticks together. Divide the mixture into four and shape each of them into your desired pizza crust shape with your hands on dehydrator trays or parchment paper. Dehydrate (or cook in your oven at the lowest temperature) for 4-5 hours, or until crispy.

Once your raw pizza crusts are done store them in a big ziploc bag and place in the freezer. That way you have raw pizza crusts ready to be thawed and used whenever. :)

Kazzrie's Notes: I didn't have any walnuts so I just put in a bit more pumpkin and sesame seeds (maybe an extra ¼ cup of each). This one is also delicious but I think my favourite is the Rawtarian's Pizza Crust with Almond Pulp.

Top your Pizza Crust with Tomato Sauce or Pesto and then your Veggies

Tomato Sauce

1 to 2 tomato
Handful of fresh basil
¼ cup sundried tomatoes
Italian seasonings as desired
½ tsp salt

Marinated Veggies

mushrooms
bell pepper
tomato
sliced onion

Marinade:

1 tsp olive oil
1 tsp tamari (or Bragg's)
1 tsp fave dried herb blend

Cut veggies into thin slices and mix in with the tamari and herbs. Marinate them in your dehydrator (or oven) until they are soft and taste amazing.

Other Toppings

hot banana peppers
olives
pineapple

Put It All Together:

When the crusts are finished, gently spread the pesto or tomato sauce on the crust, followed by the veggies.