

## Quick Healthy Pizza

- “Ezekiel” brand large “sprouted” tortilla; semi- thawed (they come frozen at health food store – this brand uses organic grains and legumes that are sprouted.)
- 1 tsp olive oil
- 1 Tbs Organic tomato sauce
- 1 tsp Organic pizza seasoning (oregano, garlic, basil, salt, pepper)
- ½ cup Organic or imported shredded cheese (any variety or mix can be used depending upon your preference – mozzarella, gouda, swiss, etc)

1. Preheat oven to 425°F.
2. Place tortilla on pizza stone or stainless steel baking sheet or glass baking dish.
3. Spread oil on tortilla with the back of a spoon.
4. Spread tomato sauce with spoon; make sure it goes almost to the edge (use more if needed.)
5. Sprinkle seasoning on sauce.
6. Top with cheese.
7. Bake in oven for 7 – 10 min until the cheese is melted and bubbled.
8. Remove from oven and let set for 5 minutes.
9. Cut into pie slices and enjoy!

Organic topping options: pepperoni, sliced mushrooms, spinach, onions, peppers, extra cheese, etc!

### **Alternative Crust Option:**

*Depending upon your grain sensitivity and health condition (like insulin resistance or diabetes- for some people the grains in the tortilla could spike blood sugar) you can make your own crust. (this step takes an extra 5 minutes of preparation)*

- ½ cup bean flour (Bob’s red mill makes garbanzo bean flour)
  - ¼ cup flax meal,
  - ¼ cup coconut flour
  - ½ tsp. salt
  - 1 tsp. baking powder
  - 1/3 cup water
  - 1/8 cup olive oil
1. Mix ingredients.
  2. Knead on floured (use the bean flour) counter just until workable and spreadable, about 2 minutes. It will get “sticky” so sprinkle extra bean flour on the dough and /or your hands so it won’t stick to your fingers.
  3. Put on pizza stone or stainless steel pan or glass baking dish and spread out until thin.
  4. Bake for 5 minutes and remove from oven.
  5. Follow above instructions. Since this will be larger than the size of the tortilla, double the pizza ingredients listed above.

