

MINI PIZZAS

PREP TIME: 30 MINUTES | TOTAL TIME: 1 HOUR 45 MINUTES

Makes 6 servings

Individual pizzas make a great lunch or light meal and are a favorite for the little ones. For super-fast pizzas, place a Flaxseed Wrap (page 231) or Wheat Belly Tortilla (page 227) on a baking sheet and top with your favorite toppings.

¾ cup warm water (100–110°F)
1¼ teaspoons active dry yeast
1 cup almond meal/flour
1 cup garbanzo bean (chickpea) flour
½ cup ground golden flaxseeds
1 teaspoon sea salt
2 tablespoons olive oil
1½ cups sugar-free pizza or marinara sauce

TOPPINGS (OPTIONAL)

1 cup ricotta cheese
1 cup shredded mozzarella cheese
8 ounces thinly sliced fresh mozzarella cheese
4 ounces thinly sliced pepperoni
Thinly sliced and sautéed bell pepper and onion
Thinly sliced and sautéed yellow squash and zucchini
Quartered grape tomatoes
2 tablespoons chopped fresh herbs

In a small bowl, whisk together the water and yeast until the yeast dissolves. Let stand for 10 minutes.

In a medium bowl, whisk together the almond meal/flour, garbanzo flour, flaxseeds, and salt. Add the oil and the yeast mixture and stir for 5 minutes, or until all of the ingredients are evenly distributed and a loose ball of dough forms. Cover with plastic wrap and let stand in a warm place for 1 hour. Divide into 6 equal pieces.

Preheat the oven to 350°F. Line 2 baking sheets with parchment paper.

Place a piece of parchment paper on the work surface. Place 1 piece of dough on a piece of parchment paper and top with a second sheet of parchment paper. Flatten with a rolling pin into a circle about 4". Place the dough on the baking sheet. Carefully remove the top layer of parchment paper. Use a spoon or your hands to form a crust edge. Repeat with the remaining pieces of dough.

Bake for 20 minutes, or until lightly browned. Remove from the oven and top each with $\frac{1}{4}$ cup pizza or marinara sauce and desired toppings. Bake for 10 minutes or until heated through.

PER SERVING (WITHOUT TOPPINGS): 317 calories, 11 g protein, 24 g carbohydrates, 21 g total fat, 2 g saturated fat, 10 g fiber, 545 mg sodium