



Ingredients

Toppings

Your choice of chopped peppers, mushrooms, onions, olives, zucchini, broccoli, tomatoes (sun-dried or sliced), green onions, artichokes, baked chicken breast, precooked shrimp, precooked scallops, pine nuts, pineapple, or... anything goes! Get creative!

Pizza Crust

- 1 cup (250 mL) warm water
- 1 tbsp (15 mL) quick rise yeast
- 2 ½ cups (625 mL) spelt flour
- 1 tsp (5 mL) sea salt
- ¼ cup (60 mL) extra virgin olive oil

Instructions

1. Mix water and yeast in a cup.
2. To a large bowl containing spelt flour and salt, add the water-yeast mixture. Knead in olive oil.
3. Allow dough to rise for about an hour (it will double in size) by covering with a clean towel and placing somewhere warm.
4. Pound down the risen dough, then place somewhere warm again for about 30 minutes.
5. Spread dough over pizza sheet, pile high with vegetables and proteins of your choice.
6. Cook in an oven preheated to 400°F for 20-30 minutes or until warm and golden brown.

Crust recipe makes 2 medium pizzas.