

## 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  $^{1\!\!/_2}$  cups (625 mL) spelt flour
- 1 tsp (5 mL) sea salt
- $\frac{1}{4}$  cup (60 mL) extra virgin olive oil

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## 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  $400^{\circ}$ F for 20-30 minutes or until warm and golden brown.

Crust recipe makes 2 medium pizzas.