

Zucchini, Spinach and Olive Pizza with Chia Seed Crust

Prep time:

30 minutes

Cooking time:

22 minutes

Yields:

4 people

Ingredients:

For the crust:

- 2 Tbs. ground chia seeds
- 1¼ cups almond meal
- ½ tsp. salt
- Gluten-free flour for dusting

For the Sauce:

- ⅓ cup tomato sauce
- 2 Tbs. tomato purée
- ½ tsp. Italian seasoning
- Salt and pepper to taste

For the Topping:

- 1 small onion
- ½ small zucchini, thinly sliced
- 1½ tsp. Nutritional yeast flakes
- 2 cups baby spinach
- 2-3 tablespoons kalamata olives, sliced

Directions:

1. Use a coffee grinder to grind chia seeds, then stir together with 4 Tbs. water and let soak 20 minutes. Preheat oven to 400°F, and line baking sheet with parchment paper.
2. Combine almonds and salt, and knead together with soaked chia seeds to create smooth dough. Roll out dough on floured work surface. Lay dough onto prepared baking sheet, and bake in center of oven 12–15 minutes, or until golden.
3. While dough cooks, stir together tomato sauce, tomato purée, and olive oil, and season with salt, pepper, and Italian seasoning.
4. Spread pizza sauce onto cooked dough, and top with vegetables and nutritional yeast, and bake 5–7 minutes more, until done. Slice and serve.