

Quinoa Pizza Crust

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 ½ cups white quinoa, uncooked
- 1 cup water
- 1 tbsp baking powder
- 2 tbsp garlic powder
- 2 tbsp dried Italian herbs
- 1 tsp sea salt
- 1/4 cup nutritional yeast

Instructions:

1. Place the quinoa in a large bowl. Add enough water to cover the quinoa and let sit overnight or at least 8 hours. After 8 hours, drain the water and rinse the quinoa thoroughly with a wire mesh strainer, or pour it into a nutbag to rinse. Do not skip this step even if you are using 'pre-rinsed' quinoa. It won't work unless it's soaked for a long time to absorb water and soften.
2. Preheat the oven to 400F. Line a baking sheet with parchment paper and drizzle olive oil on sheet to make sure it's well greased. Do not skip this step or the quinoa will stick.
3. Add the quinoa, 1 cup of water, the baking powder, garlic powder, Italian herbs, salt, and nutritional yeast to a food processor. Blend until a smooth batter forms.
4. Pour the batter onto the baking sheet, using a spatula to spread evenly across the sheet.
5. Bake the crust for 15 minutes. Flip the crust, removing the parchment paper, and bake for 10 minutes more, or until golden brown.
6. Top the crust with your favourite toppings (see notes) and then put back in the oven for another 10 minutes.
7. Cut into squares and serve!

Notes:

PLEASE NOTE: I've put this recipe in the "vegan" section of my blog because the pizza crust is vegan, but it is up to you what you serve it with. Serves 4. I divided the toppings for this pizza into three sections and spread tomato sauce as the base under the toppings:
Section 1: soft goat cheese, sliced zucchini, thinly sliced red onion, grape tomatoes halved. Section 2: grated goat cheddar, nitrate-free pepperoni Section 3: grape tomatoes halved, burrata cheese and fresh basil (added after baking)