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Recipe: Sweet Potato Pizza Base



Ingredients

120 grams cooked sweet potato (peeled and baked, s
1 egg, beaten
35 grams quinoa flour
1 tbsp coconut flour
6 grams (1 tablespoon) psyllium
salt and black pepper
Topping:
Tomato sauce
Sautéed mushrooms with rosemary

Preparation

- 1 Pre-heat the oven to 175°.
- 2 In a blender, or using a stick blender, blend together all the ingredients. It will have a thick batter-like consistency, unlike dough. Check for seasoning. If making two pizzas divide the batter in half.
- 3 Spread the batter out into rounds about 4 millimetres in thickness on a non-stick tray or pan. Bake for about 15 minutes or so until the base is set and fairly cooked through. Remove from the oven.
- 4 Top the base with whatever you fancy! Then, grill under a medium to hot grill for about 5 – 10 minutes until the pizza is cooked through and the edges are nicely browned and starting to crisp a bit.
- 5 Remove to a serving plate and serve immediately.

Cooks Note

Enjoy this tasty yet light recipe straight out of the oven.