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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
Sauteed 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 millimitres 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.