

Wheat-free Pizza Crust

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Prep time: 25 minutes

Cook time: 12-18 minutes

Yield: 2 x 10-inch thin crust pizza crusts or 1 x 13-inch regular pizza crust

No wheat / No nuts / No fish / No dairy / No eggs / No soy / No sesame*



Ingredients:

- 1 packet active dry yeast
- $\frac{3}{4}$ cup warm water
- 1 teaspoon honey
- $2\frac{1}{2}$ - 3 cups oat flour (certified wheat-free)
- $\frac{1}{2}$ teaspoon salt
- 1 Tablespoon olive oil

Instructions:

1. Wash hands with soap and warm water.
2. In a large mixing bowl, combine yeast, water, and honey. Let sit for five minutes.
3. Add 1 cup oat flour, salt, and oil. Use a mixer to beat on low speed for 30 seconds.
4. Scrape sides of bowl. Mix on high speed for three minutes.
5. Use a wooden spoon to stir in as much of the remaining flour as possible.
6. Flour a rolling surface with remaining oat flour. Knead in enough remaining flour until dough is moderately stiff. Divide dough in half. Cover with towel and let rest for 10 minutes.
7. Preheat oven to 425°F. Cover pizza pans with non-stick cooking spray.
8. Roll dough into 13-inch circles and transfer to pizza pans. Use hands to build up edges of dough.
9. For a crunchy pizza crust, bake for 5-10 minutes. Remove from oven, add desired toppings, and bake for 8-12 more minutes.

To make a soft, doughy crust, do not place in oven before adding desired toppings. Bake for 10-12 minutes.