



Nurturing you through to health and happiness

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NATUROPATH AND REGISTERED NURSE

THICK PIZZA CRUST

Makes one large pizza, or 2 if double batch.

Ingredients:

1 cup brown rice flour
1 cup arrowroot flour
1 ¼ tsp xanthum gum
½ tsp sea salt
3 tsp of dry yeast
½ cup lukewarm water
½ tsp raw sugar (to feed the yeast)
4 ½ tsp butter
¼ cup hot water
2 egg whites, room temperature.

For double batch:

2 cups
2 cups
2 tsp
1 tsp
5 tsp
1 cup
½ tsp
9 tsp
½ cup- ¾ cup
4 egg whites

Method:

1. Preheat oven to 200C. Grease large pizza tray, or put cold pizza stone into cold oven.
2. In a bowl of heavy-duty mixer, put flours, xanthum gum and salt. Gently stir together with a wooden spoon.
3. In a separate small bowl, place sugar into lukewarm water, then sprinkle yeast on top.
4. In a mug, put the butter into the hot water and stir to melt.
5. Add hot water and butter mixture to dry ingredients. Blend on low speed.
6. Add egg whites and blend again.
7. Add yeast mixture, and blend on high speed for 4 minutes.
8. You do not have to let this rise, however I like to whilst I prepare my pizza toppings. Letting it rise for 20 minutes results in a thicker crust.
9. Spread mixture onto prepared trays or stone. Having wet fingers significantly helps to spread the mixture.
10. Top the crust immediately with toppings of your choice.
11. Bake in the preheated oven for 20 minutes or until cheese is golden and edges are browned.

Topping ideas:

- Beetroot and feta: roast beetroot 1cm cubes with oil and thyme- 200C for 20 minutes. Put on base with crushed garlic and feta crumbled on top. Place rocket on top to serve.
- Carrot, garlic and anchovies.
- Roast pumpkin and carrot and feta.
- Load the pizza up with cooked vegetables, add feta or other cheese. Experiment with herbs and spices. Yum!

Carrot puree- roast carrot and onion, and then puree. Use as pizza base sauce instead of tomato paste.