

Pizza Base

A Buckwheat Pizza Base which is gluten free, vegan friendly and tastes great!!

To make 2 pizza bases, you'll need:

- 1 cup buckwheat flour
- ½ cup tapioca flour
- 1 cup warm water
- 1 tbsp. apple cider vinegar
- 3 tsp coconut oil, melted
- 1 tsp baking powder
- Optional – 1tsp onion powder, 1tsp oregano, ½ tsp garlic powder

Pre heat oven to 220°C

Grease 2 oven trays with coconut oil or line them with baking paper.

Simply mix all of the ingredients together. The mixture will seem quite runny! Split the mixture into 2 and spread out onto the 2 oven trays.

Bake for 15 mins before removing and adding your toppings. Be sure to make your own tomato sauce. Don't buy a jar of sauce which is full of colourings and preservatives.

Place back into the oven until your toppings are cooked. You're done!!

An easy, healthy, pizza base!

