

PIZZA

Raw Pizza

Does a raw pizza actually have what it takes to replace a classic pizza? We definitely think so! The pizza doughs can be made very cleverly in advance and individually topped as desired. Below we present two pizza crust variations.



Sunflower Pizza Crust

Ingredients

2 cups sunflower seeds

1 cup of flaxseed

**8-10 dried and in oil
pickled tomatoes**

2 zucchini

1 apple

1 tablespoon lemon juice

a pinch of salt

**1 - 2 tablespoons of dried
italian herbs
(oregano, thyme, rosemary)**

for 16-20 pieces of pizza

Preparation

Grind flaxseed into flour in a blender.

Cut the zucchini and apple into pieces and puree together with the tomatoes and lemon juice.

Add the sunflower seeds*, flax seeds and herbs and process everything together.

Season the bread dough to taste - the dried tomatoes in oil mean that the dough is usually tasty enough that no additional salt is necessary.

Spread thinly out on 2-3 drying trays and divide into triangles with a pizza roller or a blunt knife so that they can be broken easily. Dry for about 8 hours on both sides.

Tip:

The pizza breads taste very good if they are not completely dry. However, they should then be kept in the refrigerator.

*For an even better nutrient balance, the sunflower seeds can be soaked in water overnight and germinated in a large sieve until preparation.

Buckwheat Pizza Crust

Ingredients

2 cups buckwheats

½ cup of flaxseed

1 Medjool date

1 tablespoon lemon juice

2 tablespoons of dried oregano

1 pinch of salt

for 4-6 crusts

Preparation

Soak buckwheat in water for at least an hour and germinate in a large colander for 1-2 days. Rinse twice a day with fresh water.

Blend flaxseed to flour in a blender.

Process all ingredients in a food processor to a smooth dough and roll out into 4-6 pizza crusts.

Lay crusts on a dehydrator foil and dry on each side for about 3 hours.

Tip:

If you want to store the pizza crusts in a tin for later use, they should be completely dry.