

HOMEMADE HEALTHY VEGAN PIZZA

A favorite from the kitchen of Kathy Hansen

This is a recipe I created by modifying and combining vegan pizza recipes from the internet.

2 cups + 1/8 cup whole wheat
pastry flour

1 package active dry yeast

1/4 teaspoon salt

1 cup hot water

1 tablespoon ground raw flaxseed

(I use a clean, dedicated coffee grinder)

1/4 teaspoon sugar (the sugar feeds the yeast so don't leave it out)



- Preheat the oven to 425 degrees Fahrenheit
- In a large mixing bowl, combine all ingredients. Stir vigorously by hand until well mixed; about 3 minutes. Cover with plastic wrap and let dough rise to desired size.
- Sprinkle ground cornmeal over pizza stone (optional).
- Using extra flour, roll out dough and place onto a pizza stone. Form a rim around the edges to form the pizza crust.
- Bake the pizza crust plain for 4 minutes
- Remove from oven, add the pizza sauce of your choice (we like Hunt's no sugar added spaghetti sauce) and your favorite pizza toppings. We like to divide the pizza into four sections so our family of four each has a "custom" pizza. Ideas for toppings include mushrooms, olives, tofu sausage (we like Field Roast), artichokes, sun dried tomatoes, red/orange/yellow/green peppers, broccoli, canned baby corn, and vegan mozzarella (we like Daiya).
- Bake the pizza for another 10 - 12 minutes, and ENJOY!

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