

Homemade Pizza

Makes 2 pizzas

Ingredients

- 200ml ProZero
- 175ml Warm water
- 1 x 6g sachet Dried yeast
- 9g Psyllium husk powder
- 500g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 3 tbsp Olive oil
- $\frac{1}{2}$ tsp Salt
- 1 tsp Mixed dried herbs
- Toppings of choice



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Method

1. Pre-heat oven to 180°C.
2. Place warm water, yeast and psyllium husk into a mixing bowl and stir until combined.
3. Leave to rest for approximately 10 minutes.
4. Add all purpose mix, olive oil, salt and seasoning into mixture and combine by hand until a dough forms. Knead for 2 minutes.
5. Leave dough in the bowl to rise for 30 minutes in a warm place.
6. Grease 2 x 6"-7" cake tins with butter.
7. Dust hands with all purpose mix and divide dough into two balls, placing each ball into the greased cake tin. Press dough into edges of tin.
8. Spread your pizza sauce and toppings of choice (such as Violife cheese, onion, mushrooms, peppers etc.) over the dough.
9. Cook in the oven for 20-25 minutes.