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# Grain-free Chickpea Pizza

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Number of servings: 4

## Ingredients

Crust:

- 2 (15oz) cans chickpeas, rinsed & drained
- 2 eggs
- 4 TBS chickpea flour (also known as besan flour)
- ½ tsp garlic powder
- 1 tsp grilled herb seasoning or other Italian seasoning blend
- small pinch of salt, approximately ⅛ tsp

Toppings:

- 2 tsp of grilled herb seasoning or other Italian seasoning blend
- 1 clove of garlic, minced
- water or tsp of oil for sautéing
- 1 (15oz) can of tomato sauce
- 1 can of tomato paste
- vegan cheese (I've used Violife feta and Violife cream cheese successfully)
- 1.5 green bell peppers, sliced long-wise and cut into halves or thirds
- 1-1.5 cups of baby bella mushrooms, sliced
- ¼ cup of black olives

## Directions:

- Preheat oven to 350 degrees F.
- Add all crust ingredients to a blend or food processor and blend until *completely* smooth. It will have the consistency of hummus.
- Line a 12-14" pizza pan (smaller for a thicker crust, larger for a thinner crust) with parchment paper.
- Add the pizza "dough" to the pan and carefully spread the dough out evenly over the entire pan.
- Put the pizza dough in the preheated oven and cook on one side for 15 minutes. Flip to the other side for 10 minutes. (You will do a final 15-minute cook at the end with all the toppings on.)
- While the crust is initially cooking, prep the sauce: add the minced garlic and seasoning to a small saucepan. Once the smell of the seasonings and garlic is obvious, add the tomato sauce and paste and stir periodically under heat until well mixed. Then remove the sauce from heat.

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- Once both sides of the crust have been cooked once (15 min on one side, 10 min on the other), add the toppings:
  - Spread a thin layer of pizza sauce across the pizza.
  - Then add bits of cheese to the pizza until you have covered with cheese  $\frac{1}{3}$  to  $\frac{1}{2}$  of the surface area that is covered in sauce.
  - Add your vegetable toppings.
  - Return the pizza to the oven for its final 15 minutes of cooking.
  - Serve warm or cold. Note that it will be flimsy if served right away. For a tighter crust, allow it to settle for 5-10 minutes before eating.

Notes:

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