

Pizza



Recipe makes: 2 pizzas
Prep time: 60 minutes
(includes proofing time for dough)
Cook time: 20 to 25 minutes

Ingredients

- 1 $\frac{2}{3}$ cup warm water
- 2 tsp active dry yeast
- 1 tbsp psyllium husk
- 4 $\frac{1}{2}$ cups Taste Connections® Bread Mix
- 3 tbsp olive oil
- 1 tsp mixed seasoning
- $\frac{1}{2}$ tsp salt
- Butter to grease cake tins

Topping

- $\frac{1}{2}$ cup canned pizza sauce
- 1 cup mushrooms, chopped
- 1 cup red bell pepper, chopped
- $\frac{1}{2}$ cup onion, chopped
- 1 cup Daiya® mozzarella-style cheese, shredded

Directions

- 1 Place warm water, yeast and psyllium husk into a mixing bowl and stir until combined.
- 2 Leave to rest for approximately 10 minutes.
- 3 Add Taste Connections® Bread Mix, olive oil, salt and seasoning into mixture and combine by hand until a dough forms. Knead for 2 minutes.
- 4 Leave dough in the bowl to rise for 30 minutes in a warm place.
- 5 Pre-heat oven to 400°F.
- 6 Grease 2 x 6"–7" cake tins with butter.
- 7 Dust hands with Taste Connections® Bread Mix and divide dough into two balls, placing each ball into the greased cake tin. Press dough into edges of tin.

Topping

- 1 Spread half of the pizza sauce, mushrooms, pepper, onion and cheese over each pizza dough.
- 2 Place in oven and cook for 20–25 minutes.

Nutrition Info Per Serving (1/2 pizza):

Calories: 690 | Protein: 4.2 g | Phenylalanine: 199 mg

Always consult your healthcare professional before making any changes to your diet.

TASTE CONNECTIONS is a registered trademark of Taste Connections, LLC, DAIYA is a registered trademark of Daiya, Inc.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2020 Nestlé.



Innovation in Nutrition

A Nestlé Health Science Company