

**Recipe makes**  
2 pizzas

**Prep time**  
60 minutes  
(includes proofing  
time for dough)

**Cook time**  
20–25 minutes



## NUTRITION INFO PER SERVING (1/2 recipe)

**Calories** 690

**Protein** 4.2 g

**Phenylalanine** 199 mg

## INGREDIENTS

1 <sup>2</sup>/<sub>3</sub> cup warm water  
2 tsp active dry yeast  
1 tbsp psyllium husk  
4 <sup>1</sup>/<sub>2</sub> cups Taste Connections®  
Bread Mix  
3 tbsp olive oil  
1 tsp mixed seasoning  
1/2 tsp salt  
Butter to grease cake tins

### Topping

1/2 cup canned pizza sauce  
1 cup mushrooms, chopped  
1 cup red bell pepper, chopped  
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.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website [www.VitafloUSA.com](http://www.VitafloUSA.com) and follow us on Instagram @vitaflousa and on facebook @VitaFlo VitaFriends.

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

Unless otherwise indicated, all trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.



Enhancing Lives Together  
A Nestlé Health Science Company