

Secret Service Pizza Delight

Makes: 4 Servings

“Recently, I have had to change my diet because of tummy troubles. So, for the last month, we have been eating ‘clean’ and gluten, dairy, and corn free,” says Ava. “My favorite foods are veggies and pizza, so we decided to make a pizza I could eat. It’s really yummy and healthy, and I hope you love it as much as my mom and I do...and I really hope you love the secret ingredient as much as we do, too!”

Ingredients

For the Crust:

- 1 1/2 cups** almond flour
- 1/4 cup** tapioca flour
- 1/4 teaspoon** baking soda
- 1/2 teaspoon** cream of tartar
- 1/8 teaspoon** salt
- 1/3 cup** flax seed meal
- 1/2 cup** warm water
- 1/2 tablespoon** butter or grapeseed oil

For the Sauce:

- 3/4 cup** tomato sauce
- 1 tablespoon** basil pesto or grapeseed oil
- 1 tablespoon** hot sauce
- 1 tablespoon** pizza seasoning

For the Toppings:

- 1/4 cup** diced red bell peppers
- 1 cup** spinach
- 1/2 cup** diced zucchini
- 1/4 cup** dairy-free cheese, or regular cheese if you can have dairy
- Drizzle of hot sauce (shhh, that’s the secret ingredient)



Nutrition Information

Nutrients	Amount
Calories	393
Total Fat	19 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	543 mg
Total Carbohydrate	45 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g

Directions

1. **To make the Crust:** Preheat the oven to 375°F. In a large mixer bowl, thoroughly combine the crust ingredients with a mixer paddle or a wooden spoon. Line a large baking sheet with a piece of parchment paper, and place the dough on top. Place another piece of parchment paper on top and roll the dough out with a rolling pin until it's a thin even circular crust. Take off the top piece of parchment paper and bake the crust for 20 minutes. Meanwhile, mix the sauce ingredients in a small bowl.
 2. **Once the pizza crust is light brown,** remove it from the oven and raise the oven temperature to 400°F. Remove the bottom piece of parchment paper, and place the crust back on the baking sheet. Evenly spread the sauce on the pizza crust, and put the diced red bell peppers on top of the sauce. Place the spinach on next and then sprinkle the cheese over the spinach. Finally, evenly place the zucchini on top of the pizza and drizzle some hot sauce on top if you like spicy food. Put the pizza back in the oven for 10 to 12 minutes, or until the cheese has melted. Remove from oven, and enjoy! I hope you liked the secret ingredient.
- The 2015 Healthy Lunchtime Challenge Cookbook