Express pizza recipe

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Move over, conventional flours. We're making paleo-friendly, gluten-free recipes that are just as delicious as their grainy counterparts.

Ingredients (Makes 1 individual-sized pizza)
Choose your favourite toppings or, if you include dairy in your Paleo diet, then make this delicious mushroom and brie number.

- 1 egg
- 20 g butter or coconut oil, melted
- Good pinch sea salt flakes
- ½ tsp garlic powder
- 1 tbsp nutritional yeast flakes
- ¼ cup water
- ½ cup arrowroot (tapioca) flour
- ¼ cup coconut flour
- 2 tbsp pizza sauce
- 2 large cap mushrooms
- 1 tsp dried oregano
- 100 g brie, sliced
- A few fresh sage leaves

Method

Preheat oven to 240°C. Place a baking tray in the oven to heat (this will ensure a crispy base).
In a medium bowl whisk together the egg, butter or coconut oil, salt, garlic powder, nutritional yeast flakes and water. Add tapioca and coconut flour and mix well with a spoon to form a sticky dough. Transfer the mixture into the middle of a baking paper and using the back of a spoon dipped in water, spread the dough into a 20-centimetre diameter circle. Slide the hot baking tray under the baking paper and transfer the pizza base to the oven. Bake for 8 minutes.
Remove the par-baked crust from the oven, spread with the pizza sauce and dot with mushrooms. Sprinkle with oregano, dot with cheese and sage leaves. Return to the oven and bake for a further 6 minutes.

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