

# Gluten & Dairy Free Pizza Crust

Servings: 2

Prep time: 35 min

Cook time: 12-15 min

## INGREDIENTS

- 1/2 cup of warm water  
(approximately 105-110 degrees  
Fahrenheit)
- 2 1/4 teaspoon of dry active yeast  
(1 packet)
- 1 tablespoon of honey
- 1 cup of cassava flour
- 5 tablespoons of arrowroot flour
- 1 tablespoon of coconut flour
- 1 teaspoon of salt
- 1 teaspoon of garlic powder
- 1 teaspoon of Italian seasoning
- 1/4 cup of olive oil
- 1 egg



## DIRECTIONS

### Prepare the Pizza Dough

- Preheat your oven to 170 degrees Fahrenheit.
- Measure out a 1/2 cup of warm water (approximately 105-110 degrees Fahrenheit - warm to the touch, but not steaming hot.)
- Stir 1 tablespoon of honey into the warm water.
- Add 2 1/4 teaspoons of dry active yeast to the water and honey mixture.
- Set it aside to activate the yeast for about 5-10 minutes while you prepare the dry ingredients.
- In a mixing bowl add the dry ingredients: 1 cup of cassava flour, 5 tablespoons of arrowroot flour, 1 tablespoon of coconut flour, 1 teaspoon of salt, 1 teaspoon of garlic powder, and 1 teaspoon of Italian seasoning.
- By this time, the yeast in the water and honey mixture should be foamy.
- Add the foamy activated yeast and honey water
- In the same bowl or measuring cup, mix together 1/4 cup of olive oil and one egg.

Directions continue on the next page



Recipe by: Juliana Steiger

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- Add the egg mixture and the yeast mixture into the bowl of dry ingredients.
- Use a fork to mix them together. Then use your hands to form a dough ball.

### Proof the Pizza Dough

- Place the dough ball in an oven-safe bowl and cover it with plastic wrap.
- Allow the dough to rise in the preheated oven for 20 minutes. The dough will rise slightly.
- Remove the dough from the oven.
- Now, place your pizza stone or baking sheet in the oven and preheat it to 475 degrees.

### Build Your Pizza

- Next, lightly flour a piece of parchment paper with cassava flour.
- Then, remove the dough from the bowl and place it on the floured parchment paper.
- Use your hands to press the dough out into a circle that is roughly 1/8-1/4 inch thin. (dust your hands in cassava flour if the dough is sticky)
- Add your preferred toppings.
- Lift the whole piece of parchment paper with the pizza on it and place it on the preheated pizza stone.
- Bake for 12-15 minutes until the crust is slightly golden and the toppings are melted.

## NOTES:

If your yeast does not foam up, then it may be expired, the water temperature was too cool to activate it, or the water temperature was too hot and killed the yeast. You want the water to be warm to the touch - approximately between 105-110 degrees Fahrenheit.

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