

Sun-Dried Tomato Pizza with Pizzazz Recipe

Pizza Crust -

1/2 cup ground sunflower seeds
3/4 cup of raw grated beets
1/2 cup cooked red quinoa
1/4 cup safflower oil
sea salt

Spicy Sun-Dried Tomato Sauce-

1/2 cup sun-dried tomatoes
3/4 cup water
2 tablespoons balsamic vinegar
2 cloves of garlic
3/4 cup of fresh tomatoes
1 teaspoon dried basil
1 teaspoon thyme
1 teaspoon rosemary

Pizza Topping-

1-2 green onions, thinly sliced
1/4 cup of curly leaf kale, thinly chopped
1/4 cup sun dried tomatoes

Soak all of the sun-dried tomatoes in 3/4 cup water for 30 minutes. You will use 1/2 cup sun-dried tomatoes for the sauce and 1/4 cup for the topping. Retain the soak water.

Preheat oven to 300 degrees Fahrenheit. In a food processor, blend together all of the Spicy Sun-Dried Tomato Sauce ingredients including the water from the sun-dried tomatoes until a smooth, creamy consistency is reached.

Lightly oil the pizza stone, or dust with corn meal (more Kapha-friendly option). Mix together all of the crust ingredients. Spread crust mixture 1/4 inch thick on the stone or cast iron pan (if you have neither a baking tray will do). Spread the Spicy Sun-Dried Tomato Sauce on top. Add pizza topping.

Cook 30 min on 300 degrees Fahrenheit until crust is crispy.

Slice with pizza cutter and enjoy!