

National Pizza with the Works Day



Pizza Bread

4 cups sprouted grains, Kamut, wheat berries, rye, etc.

1 cup almond flour

1/2 cup soaked Sun-dried tomatoes

1/2 cup sliced Kalamata olives

1/2 garlic clove, minced

2 tablespoons olive oil

1/2 teaspoon sea salt

1 In a food processor, grind the grains well. If your processor doesn't have a powerful motor, use 1/4 cup of water to get things going. Stop every so often to scrape the sides of the food processor. Blend the mixture until it forms a sticky dough. Remove from processor and place in a large bowl.

2 Add sun-dried tomatoes, garlic and olive to processor. Briefly process to make a thick paste.**

3 Place dough in a large bowl and add almond flour, sun-dried tomato paste, olives and sea salt. Combine well.

4 Divide the mixture in half and spread each half on a two Teflex sheets, forming 8 x 8 squares.

5 Dehydrate at 110 degrees for 6 hours, flip over and with a pizza cutter, score into nine slices. Dehydrate an additional 6-8 hours or until the bread is crispy on the outside and moist on the inside.

**You may also add the ingredients to the dough without processing into a paste. The paste option produces a tomato-red colored bread.



Cashew Pepper Cheese Spread

1 cup cashew nuts
Juice of one half lemon
2 tablespoons nutritional yeast
2 teaspoons sea salt
1 tablespoon pepper
1/4 cup water

Combine ingredients in a blender until well mixed.



Chunky Marinara Sauce

2 1/2 cup sun-dried tomatoes, soaked for 1 hour to soften, reserve soaking

water

4 Roma tomatoes, seeded, roughly chopped

4 Medjool dates, pitted and soaked for 1 hour to soften

2 cloves garlic, minced

1/2 onion, roughly chopped

2 tablespoon Italian seasoning

1 tablespoon olive oil

1/2 teaspoon sea salt

1/2 teaspoon pepper

Combine dates Roma tomatoes, garlic, onion, Italian seasonings and olive oil in a blender. Add sun-dried tomatoes, using soaking water to get the blender going. Puree until you reach a chunky consistency. Add sea salt and pepper.



Marinated Mushrooms

2 cups sliced mushrooms

2 tablespoons olive oil

juice of one half lemon

1 tablespoon apple cider vinegar

1 teaspoon Italian seasonings

1/2 teaspoon sea salt

Toss mushrooms with olive oil, lemon juice, apple cider vinegar, Italian seasonings and sea salt. Let marinate for 2 hours

Toppings

1/2 bunch of Spinach, washed and chopped

1 cup marinated Mushrooms, sliced

1 small Red onion, sliced

tomato, sliced

Spread the cashew cheese on the pizza bread add the marinara. Top with spinach, mushrooms, onion and tomato.

