



Gluten Free Pizza Base

Ingredients:

500 grams All Purpose Flour (see recipe on website)
2 tablespoons soaked Chia Seeds (soak in ½ cup of water)
4 tablespoons Psyllium Husks
2 teaspoons dry yeast
2 teaspoons Himalayan Rock Salt
400ml / grams water
1 tablespoon Organic Apple Cider Vinegar
60 grams Olive Oil

Method:- Thermomix

Soak the Chia Seeds in ½ cup of room temperature water and put aside to soak for 10 minutes.

Add the Flour and Psyllium Husks, Yeast and Salt to Thermomix and mix for 10 seconds on speed 5.

Add in the water, Apple Cider Vinegar, Olive Oil and soaked Chia Seeds, put on kneading mode for 4 minutes and leave to knead.

Method: - Mixer or Food Processor

Soak the Chia Seeds in ½ cup of room temperature water and put aside to soak for 10 minutes.

Add the Flour and Psyllium Husks, Yeast and Salt to your mixer or food processor and mix together until well blended.

Add in the water, Apple Cider Vinegar, Olive Oil and soaked Chia Seeds, and mix together until it forms a sticky dough / batter.



Once the dough is ready, regardless of method used:

Once done pour some additional Olive Oil (around 20-30 grams) into a bowl and paint it all around to line the tin (this will stop the dough from sticking and make it easier to work with later).

Place some glad wrap over the top and put it somewhere warm to rise for 30-60 minutes.

While you're waiting for that to happen, get your pizza trays / baking trays and line them with some baking paper.

When the dough is ready, put some olive oil on your hands to stop it sticking, divide the dough into 4 equal portions and place one on each tray.

Using your hands gently spread the dough across the trays making them into thin pizza bases.

Once this is done place the bases somewhere warm to allow them a second rise (this takes another 30 minutes usually depending on the weather) then pre bake the bases for 15 minutes in a moderate oven (around 180°C).

Once they're slightly crispy top with your favourites and place back in the oven for another 15-20 minutes until the cheese has melted.

Then enjoy!!