



Chef Tina Jo Splendor in the Raw



Herb Cheese and Italian Topping Pizza

The spinach, nut and seed crust on this pizza is absolutely splendiferous. The creamy herbed cheese with the added Italian toppings bursts with Old World Flavor. The best part about these individual pizzas - they are completely guilt free, gluten free and dairy free.

- 2 cups almond cheese (see almond cheese recipe)
- 1/2 cup parsley, finely minced
- 1/2 cup basil, finely minced
- 1 tsp dark miso
- 1/4 cup green onions, minced
- 1 tbs nutritional yeast
- 1 tsp garlic cloves, finely grated

Topping

- 2 cups spinach
- 1 cup green olives, diced
- 1 cup black olives, diced
- 1 cup marinated artichokes, chopped
- 1 cup tomatoes, diced

Procedure

- 1 See recipe for spinach pizza crusts to create the base for these amazing personalized pizzas.
 - 2 Place almond cheese into a mixing bowl then add parsley, basil, miso, green onions, nutritional yeast and garlic. Mix together with spatula.
 - 3 Then simply build your pizza. Start with the herb cheese then add the spinach, green olives, artichokes, tomatoes and black olives. Serve and enjoy!
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Spinach Nut and Seed Pizza Crust

These pizza crusts are DELICIOUS! Individual pizza crusts are perfect any time of year! They're great for girls' night, boys' night or even family night! Add a banquet of toppings and let your guests create their own masterpieces! Everyone enjoys playing with their food! Got a kids' party coming up? These are PERFECT! Got leftovers from your last dinner? Try adding them to these pizza crusts - everything tastes better when it's on a pizza! The best part of these little beauties is their shelf life. You can store them in an airtight container for up to one month in the refrigerator or in the freezer for up to three months! This way you'll always have them on hand!

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| 1/2 cup sunflower seeds, soaked for 6 hours | 2 medium celery stalks, chopped |
| 1/2 cup pistachio nuts, soaked for 6 hours | 2 medium green onions, sliced |
| 1/2 cup dry pistachios, ground into a fine meal | 1/4 tsp Himalayan pink salt |
| 1/2 cup pumpkin seeds, soaked for 6 hours | 1 tsp garlic clove, minced |
| 1/2 cup brown flax seed, soaked in one cup of water for 6 hours | 1 1/2 tsp dulse flakes |
| 1/4 cup flax meal | 1/2 tsp Italian seasonings |
| 1 cup spinach | 1/4 cup water |

Procedure

- 1 Place spinach, water, salt, garlic, onion, celery, dulse flakes and Italian seasonings into a food processor and blend until smooth.
- 2 Add the rinsed and drained sunflower seeds, pistachios and pumpkin seeds to the processor and pulse until they look like a coarse meal.
- 3 Remove the mixture and place it in a large mixing bowl. Wearing gloves, add the soaked flax seed, flax meal and pistachio meal and mix well by hand.
- 4 Measure 1/3 cup of mixture per pizza crust and place on a dehydrator teflon sheet. Using a flat metal spatula, spread mixture to form a round flat circle. Each crust should be 5 1/2 to 6 inches in diameter. You can fit 4 crusts to a sheet.
- 5 Dehydrate for 8 to 10 hours at 105 degrees. Then, flip the crusts onto a mesh dehydrator tray and remove the teflon sheet. Continue to heat at 105 for another 8 to 10 hours. The crusts should be dry and crisp.
- 6 Store in an airtight container in the refrigerator for up to one month or in the freezer for up to three months.

Servings: 10

