

Almond-Base Pizza

Pizza tends to get a bad rep. However, swap the un-refined white flour base for my version made with ground almonds and chia seeds, and you not only get a deliciously moreish pizza, your body gets a healthy dose of Essential Fatty Acids in the process.

Ingredients (serves 2):

1 tbsp sunflower oil
15g ground chia seeds
60ml water
100g ground almonds
¼ tsp ground cumin
Pinch of Himalayan pink salt
Freshly ground black pepper
1 quantity pizza sauce

Pizza sauce

1 tbsp coconut oil
1 clove garlic (crushed)
7 tbsp water
¼ tsp yellow mustard seeds
200g vine tomatoes (skinned and chopped)
4g basil leaves
Juice of ½ lemon
Lightly fry the garlic in the coconut oil
No need to cook, just blitz the sauce ingredients in a blender or NutriBullet.

Method:

Preheat the oven to 170°C/ gas mark 3. Line a baking tray with baking parchment and brush lightly with oil. Put the chia seeds in a small bowl, add the water and set aside to soak for 10 mins until wonderfully gloopy. Meanwhile, mix the ground almonds, cumin and seasoning in a bowl and add the soaked chia. Mix all these ingredients together with your hands until a dough forms. Place the ball of dough in the middle of the prepared baking tray and flatten it with your hands until it is an even circle about 5mm thick. Bake in a pre-heated oven for 30 mins until its surface starts to colour. Take the base out of the oven but keep on the baking tray. Spoon the sauce over the base, leaving about 1cm uncovered around the edge. Now add your favourite toppings. Here are some mouth-watering ideas. Pan-fried wild field mushrooms with goat's cheese, salami, chicken, rocket and mozzarella, Parma ham, artichoke and black olives with basil. Enjoy!

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