

# High Protein Pizza Crust



PREP TIME

1 hr

COOK TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

8 slices

CALORIES

120 kcal

## INGREDIENTS

- 1 c all purpose flour
- $\frac{3}{4}$  c vital wheat gluten
- 2 Tbsp nutritional yeast
- $\frac{1}{2}$  tsp salt
- $2\frac{1}{4}$  tsp active dry yeast
- 2 c hot water (about 110°F)

## INSTRUCTIONS

1. In a large bowl, whisk together flour, gluten, salt, nutritional yeast, and active dry yeast.
2. Add the hot water, using a large spoon, and mix until just incorporated and the big lumps are gone. Do not over mix this or it will be too chewy. Be gentle!
3. Cover the bowl and let raise for 1 hour.
4. Preheat oven to 450°F/230°C.
5. On a large baking sheet, lay down parchment paper or cooking spray (parchment works better!). Slide your gelatinous dough mixture to the center of the pan. Using wet hands, gently press the pizza dough out to your desired shape and just under  $\frac{1}{2}$  inch thick.

6. Bake for 15 minutes. Using a big spatula, flip the dough and bake for another 5-7 minutes.
7. Remove pizza from oven and flip back upright again.
8. You can either cook and freeze the dough for later use OR you can top your pizza with sauce, vegan cheese, and toppings of choice (not counted in the macros), and bake at an additional 7-10 minutes at 450°F/232°C.
9. If you're freezing for later: When you're ready to cook the pizza, preheat oven to 450°F. Top your pizza with sauce, cheese and toppings and bake for 10-15 minutes until desired crispiness.
10. Slice into 8 slices and enjoy!

## NUTRITION

## Nutrition Facts

## High Protein Pizza Crust

### Amount Per Serving

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<b>Calories</b> 120	Calories from Fat 5
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**% Daily Value\***

<b>Fat</b> 0.5g	<b>1%</b>
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<b>Carbohydrates</b> 16.2g	<b>5%</b>
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<b>Protein 14g</b>	<b>28%</b>
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\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!