



# Spring Veg Pizza

An easy vegan and gluten free pizza recipe using gram flour.

## Ingredients

- 100g gram flour
- 240mls water
- ½ tsp salt
- 300g passata
- 1 tbsp nutritional yeast
- 1 garlic clove
- ½ fennel bulb
- A few asparagus
- 1 leek
- 1 courgette
- A few mushrooms
- Olive oil
- Basil leaves

## Method

- Preheat the oven to 200°C/Gas mark 6.
- In a jug mix the flour, water and salt with a fork. Leave to rest for a few minutes.
- Put baking paper on a large baking tray. Pour the flour mixture onto the paper, try to make it a round pizza shape but it's not a problem if you can't. Put this in the oven whilst you prepare the toppings. This should take 10-15 minutes, the edges will be starting to brown.
- In a bowl mix the passata with the nutritional yeast. Grate the garlic into this, shred or tear the basil and add that too.
- Using your peeler shred the fennel, then slice the asparagus and the leeks and put into a bowl.
- Cut the top and bottom off the courgettes. Use the peeler and peel into ribbons. Add to the bowl.
- Finely slice the mushrooms but do not put these in the bowl yet.
- Add a splash of olive oil and a dash of salt to the bowl. Using your hands mix this well and massage the oil into the veg. Now add the mushrooms and mix just a little.
- Take your base out of the oven if you haven't already. Turn the oven up to 240°C. Top with the passata (as much as you like) and then with the veg.
- Put the pizza on the top shelf of the oven. After 10 minutes check the pizza, once the veg is brown it's ready to serve. Enjoy!

## Nutritional Benefits

Loaded with your favourite vegetables for your five a day!