

Bio-Oz Pizza (Gluten free)

Ingredients

1 tsp instant yeast
1 tsp sugar
1 cup warm water
1 ½ cups Bio-Oz buckwheat flour
½ cup rice flour
Pinch salt
Tsp olive oil

Cooking Instructions

Mix yeast sugar and water together. Cover bowl with cling wrap and leave in warm place for 15 minutes or until white bubbles are formed.

Preheat oven to 180 degrees. Slowly add the buckwheat and rice flour and mix until smooth. Add oil and salt and knead until smooth.

Lightly dust a rolling pin with buckwheat flour and roll out dough on pizza tray covered with baking paper until desired thickness (about 5mm).

Cover with preferred sauce (we put tomato based pizza sauce) and bake for 20 minutes in oven.

Take out and cover with preferred ingredients. Place back in oven and bake for another 20 minutes.

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