

Pizza Base

vegetarian

nut-free

Serves: 4

10-15 minutes preparation + 20 minutes cooking

Ingredients

- 1 cup self raising flour
- 1 cup Greek yoghurt or plain yoghurt (e.g. Paris Creek™ unsweetened yoghurt)
- Pinch of salt

Preparation

1. Preheat oven to 200°C (180°C fan forced).
2. In a bowl combine the flour, yoghurt and salt, using a wooden spoon or clean hands, and bring together to form a ball.
3. Turn out onto a floured board or silicone mat to knead and roll.
4. Lightly flour your clean and dry hands, and knead for 5-8 minutes. Always knead by punching the centre of the ball with a fist, then turning the sides into the centre hole (to make a ball again, then repeat over and over for 5-8 minutes).
5. Get a piece of baking paper big enough to cover your 12-14 inch pizza tray. On the baking paper, roll the dough into a pizza shape and carefully transfer dough and paper to the tray.
6. Cook pizza base in oven for 8 minutes.
7. Remove cooked dough and add your selection of toppings. Make sure toppings are sliced thin so that they're cooked all the way through.
8. Return it to the oven and cook a further 10 minutes or until toppings are cooked through. Serve pizza with a side salad.



Suggested Toppings:

Tropical Pizza:

Pineapple pieces, sliced mushrooms, red/green/yellow capsicum slices, diced tomato, grated cheese, tomato paste.

Vegetarian Pizza:

Tomato paste, sliced mushrooms, zucchini slices, kalamata olives, thinly slices Spanish onion, capsicum slices, Baby spinach (sprinkled over finished cooked pizza), grated cheese.