



Quinoa Pizza Crust

INGREDIENTS:

1 cup Quinoa

3 cups cool water

1/2 cup warm water

3 cloves of garlic

1 tsp oregano

1 tsp. Garlic powder

1 tsp. Onion powder

1 tsp. Italian Seasoning

¼ tsp ground pepper

¼ tsp sea salt (optional)

INSTRUCTIONS:

First: Put quinoa in a bowl with 3 cups of water. Let soak for 4-8 hours

Second: Brush a 9-10" cast iron skillet with olive oil or use no-stick spray. (a cake or pie pan can also be used) Put pan in oven and pre-heat oven to 400 degrees.

Third: Drain the quinoa, rinse well. Place in blender or food processor along with 1/2 cups of warm water, and seasonings. Process until the consistency of a thick pancake batter.

Fourth: When oven is heated, carefully pour batter in to preheated pan and quickly spread around to an even thickness.

Fifth: Bake for 10 minutes. Remove pan from oven and carefully flip crust. Bake for additional 10 minutes until browned.

Sixth: Remove pan from oven and add toppings of choice, return to oven and bake approximately 10 minutes or until toppings are heated.