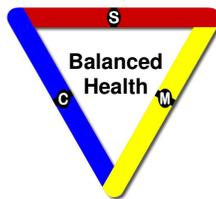


Natural Health Center

The Art & Science of Natural Healthcare



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Gluten-Free Pizza Crust

Ingredients:

3 C of Bob's Red Mill All Purpose GF Flour

1 tablespoon of Xanthan Gum

1 teaspoon of salt

2 tablespoons of sugar

1 ½ cup of lukewarm water or Redbridge Beer (microwave for 30 seconds if room temp or 60 seconds if cold)

1 ½ tablespoons of vegetable oil

3 egg whites

1 teaspoon of distilled vinegar

1 packet of dry yeast (do not use rapid rise)

Mix all dry ingredients in a medium bowl. Mix all liquid ingredients in another medium bowl with yeast. Make sure to use lukewarm water or heat Red Bridge Beer according to the directions above. The beer gives the crust a much better flavor. Next, add dry mixture to the liquid and mix well with a spatula until blended. Scrape dough mixture onto a pizza pan and spread evenly. The dough will be a little sticky, but spread it in a circular motion and try to form it so there is a raised edge. The end result should resemble a nest-like appearance. Turn oven on lowest possible heat setting (100-115 degrees) and place the crust in the oven for 50 minutes. Next, turn the temperature to 400° and bake for 10 minutes. Remove the crust from the oven and make sure it is loose on the pan, if not use a spatula to loose it from the pan. At this time you can freeze the dough and use it at another time. Lastly, add pizza sauce and toppings to the crust and place it back in the oven and back at 350° for 30 minutes or until cheese is melted. Then remove from oven and slice and serve.