

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Real Food Fruit Pizza (Gluten & Dairy Free Options)

[thecoconutmama.com]

Ingredients:

- 1 3/4 cup flour – tested with Unbleached Einkorn Flour and Gluten Free Flour Blend
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup room temperature butter or coconut oil
- 2 tablespoons raw honey
- 1/2 cup coconut sugar or sucanat
- 1 1/2 teaspoons vanilla extract
- 1 egg
- 1-3 tablespoons water, divided

Topping:

Dairy Free Whipped Cream or Homemade Whipped Cream [Find recipe on website]

1 cup sliced strawberries (organic)

1 cup blueberries (organic)

Directions:

- Use a large mixing bowl and mix flour, salt, baking powder and baking soda together. Set aside.
- Using a food processor or mixer, mix coconut oil, honey, coconut sugar and vanilla together. Mix until ingredients are combined. Add egg and continue to mix. Slowly add flour mix to wet ingredients. If the dough is crumbly, add 1 tablespoon of water at a time and continue to mix until dough comes together. Cover dough and place in refrigerator for 10-15 minutes.
- Preheat oven to 350 degrees. Line pizza pan with parchment paper. Place cold cookie dough on the pizza pan. Top the dough with another layer of parchment paper. Roll the dough out evenly over the pizza plate. Trim the ends. Place cookie crust into preheated oven and bake for 10-12 minutes, or until crust is golden brown. Let the dough cool completely before topping.
- Once the crust is cooled you can top it with homemade whipped cream or coconut whipped cream. Add fresh fruit of choice. Enjoy!