



Veggie Pizza (PKU Friendly)

Feel free to use any base that you would like for the pizza crust!

<u>U.S.</u>		<u>Metric</u>	<u>Phe (mg)</u>	<u>Pro (g)</u>
1 Box (17.6 oz)	Loprofin Baking Mix with Yeast Packet	500 g	50mg	1.55g
1/2 tsp	Kosher Salt	2.5 g	0mg	0g
13.5 oz	Water, luke warm	400 mL	0mg	0g
3 Tbsp + 1 Tbsp	Oil	89 mL	0mg	0g
1 tsp	Italian Seasoning	5 g	0mg	0g
1/2 each	Bell Pepper, seeded and thin sliced	1/2 each	30mg	0.6g
1/2 each	Onion, thin sliced	1/2 each	30mg	0.6g
3 cloves	Garlic	3 cloves	30mg	0.6g
5 each	Mushrooms, thin sliced	5 each	130mg	2.76
8 oz	Quick Tomato Sauce (seperate recipe)	227 mL	156mg	3.12
8 oz	Daiya Cheese	227 g	408mg	8.16g

Protein per recipe: 17.4g
Phe per recipe: 834mg

Protein per serving: 1.4g
Phe per serving: 69.5mg

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425° F (220° C)
3. Lightly grease bowl and mixing equipment to keep dough from sticking.
4. In a stand mixer fitted with the dough hook attachment, combine Loprofin Baking Mix, yeast, salt, water, 3 Tbsp oil, and Italian seasoning and mix for 2 minutes on medium speed. If not using a stand mixer, mix with a spoon for 5 minutes.
5. Press dough into 2 greased 1/2 sheet trays (or baking sheets) and cover with plastic wrap. Place the dough in a warm area and allow to proof for 15 minutes.
6. *Optional:* If desired, you can saute some or all of your vegetables before you add them to your pizza. To do this, heat a medium saute pan over medium high heat and add 1 Tbsp of oil. When oil is hot, add the onions and saute until soft and beginning to brown, about 3-5 minutes. Then, add the bell peppers and mushrooms and cook until soft, about 2-4 minutes.
7. Remove plastic wrap and bake dough for 7 minutes.
8. Remove from oven and spread the sauce evenly over both pizza crusts.
9. Sprinkle vegetables and cheese over the sauce
10. Bake pizzas for another 7-10 minutes, or until the crust is brown and the cheese has melted.
11. Cut each pizza into 12 squares and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

12 Servings

Serving size **2 squares**

Amount per serving

Calories **250**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated 3 g

Cholesterol 0 mg

Sodium 350 mg

Total Carbohydrate 43 g

 Dietary Fiber 3 g

 Total Sugars 3 g

 Includes 0 g Added Sugars

Protein 1.4 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 108 mg

Phosphorus 18 mg
