SWEET POTATO PIZZAS
gluten-free, dairy-free

This easy, sweet and versatile crust is perfect for a plant-based pizza or for the addition of your favorite proteins.

Serves 2-3

For crusts
2 cups sweet potato, cooked and peeled (NOTE: to cook sweet potatoes, microwave for 4 minutes, or bake at 400 degrees for 45 minutes to an hour, or steam for 45 minutes)
1 c gluten free flour (I used 1/2 c buckwheat flour + 1/4 c potato starch + 1/4 c coconut flour)
1 T garlic powder
1 T dried oregano
1 t salt
1/2 t freshly ground pepper
1 flax egg (3 T ground flax meal + 3 T water in a glass; stir and let sit for 5 minutes)
olive oil spray

Preheat oven to 425 degrees, convection bake setting. Prepare two baking sheets with parchment paper or silicone liner and spray with olive oil in a 10" circle.

Mash together the sweet potato and flour either with a fork or in a food processor until well combined. Add all ingredients and mix again until well combined. Divide dough into two balls. Place each ball onto olive oiled area of each baking sheet. Press each one out until about 10" diameter or 1/4" thickness. Neaten up edges so that they form a smooth circle. Bake for 15-20 minutes checking for doneness with browned edges.

While baking, prepare your toppings of choice. For toppings I used:

About 1/4 c tomato sauce per crust
Miyokos Liquid Vegan Pizza Mozzarella
1 sliced yellow onion + 2 cloves garlic minced, sautéed
6 Crimini mushrooms thinly sliced and sautéed
1 cup of raw spinach wilted in the pan with the onion slices once they are cooked
1/8 t dried red pepper flakes per crust
1/4 t dried oregano per crust

Once the crusts are baked, topped with toppings in order listed, or choose your own toppings. Put pizzas back into oven for 5 minutes. Enjoy!