

Sweet Potato Pizza Crust

I must admit that the pizza fan in me was a bit skeptical when my friend Jhuma proposed this recipe for dinner. But being a lover of veggies in all forms I was game to try. Not only did it win me over but I was anticipating the delicious leftovers the next day.

Adapted from the Medical Medium

Crust Ingredients:

- 2 sweet potatoes, peeled and diced (yields about 1 cup cooked sweet potato)
- 3 T tapioca starch
- 3 T coconut flour
- 1/2 t dried oregano
- 1/2 t sea salt

A purchased or prepared marinara sauce

Suggested Toppings

- ½ red onion finely sliced
- 3-4 cherry tomatoes, halved
- 1/4 red bell pepper, diced
- 5-6 olives
- 1/4 small zucchini, sliced
- Handful of fresh arugula
- Handful of fresh basil
- Vegan Cheese

Directions

1. Preheat oven to 400F.
2. Place the diced sweet potatoes in a steamer. Cover with a lid and steam for 10-15 minutes, until tender. Remove and cool.

3. Mash sweet potatoes in a bowl with a fork or potato masher until smooth. Measure out 1 cup of mashed sweet potato and leave the rest for another recipe.
4. Blend together the mashed sweet potato with the flours and starch dried oregano and sea salt. Set aside.
5. Prepare a baking sheet lined with parchment paper and place the dough on top. Using your hands, spread the dough to 1/4 inch thickness. Bake in the oven for 20 minutes, until hardened on top.
6. Top the pizza with the marinara sauce and your choice of toppings. Bake for another 10 minutes, until browned on the edges. Add fresh arugula or basil and serve immediately.

Makes 1 amazing pizza- Enjoy!