



SWEET POTATO PIZZA CRUST

A nice staple for the pizza nerd like me, when you can get your nutrients from food that also taste good... that's dieting done right.

 20 minutes

 1 hour

 2 Pizza Slice

INGREDIENTS

- 1 cup of sweet potato, canned, mashed (255 g)
- 1 tsp of leavening agents, baking soda (5 g)
- 140 grams of sauce, pizza, canned, ready-to-serve
- 1 cup, shredded of cheese, mozzarella, nonfat (113 g)
- 1 cup, chopped or diced of chicken, roasting, meat only, cooked, roasted (140 g)
- 1 tsp, leaves of spices, basil, dried (1 g)
- 1 tsp, leaves of spices, tarragon, dried (1 g)
- 96 grams of Almond Flour

COOKING METHOD

- 1° Preheat your oven to 400°F degrees, and set a large pot of water to boil.
- 2° Peel and cut your sweet potatoes into quarters. Add potatoes to boiling water, turn down to simmer, and boil them for about 20 minutes or until a knife easily pierces the flesh. (Or if you have a can, equal it out to 1 cup.)
- 3° Drain potatoes from the water, and mash well in a large bowl.
- 4° Add one cup of your sweet potato mash, almond flour, baking soda, Italian seasoning, and salt to a large bowl. Knead well together with your hands until the mixture resembles a ball of orange pizza dough.
- 5° Line a baking sheet or pizza pan with parchment paper, and press out the dough to a large circle. The dough should be about a 1/2 inch thick.
- 6° Bake in the oven for 15 to 20 minutes or until the edges of the dough are slightly browned.
- 7° Remove your pizza from the oven, add the sauce, cheese, and preferred toppings, and broil for three to five minutes until cheese is melted.
- 8° KILL IT.

NUTRITIONAL INFORMATION

	PER 100 g	PER PIZZA (280 g)	% DRI
ENERGY	174 kcal	488 kcal	24 %
FAT	7 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	17 mg	47 mg	16 %
SODIUM	384 mg	1076 mg	45 %
CARBOHYDRATE	13 g	37 g	12 %
SUGARS	3 g	8 g	—
FIBER	3 g	8 g	31 %
PROTEIN	14 g	38 g	—