

Pizza

Dough

- 1c warm water
- 1tsp honey
- 1tsp yeast
- Pinch of salt

Hold till frothy

Knead for 5 minutes with

- 250g Wheat, Sesame and Linseed flour (WSL)
- Salt

Filling

In TM

- 30g Cashew nuts
- 30g Almonds

Chop for 2 sec speed 6

Add

- 1 small onion

Chop for 2 sec speed 6

Add

- ½c black olives sliced
- ½c dried tomatoes chopped
- ½c red pepper chopped
- 3 mushrooms sliced
- Spinach chopped
- 1tsp Miso
- 1tsp chilli paste
- Herbs
- Salt and pepper
- 250g Cashew Cream

Stir 2 minutes speed 3

To cook

Preheat oven to 250

Work dough with extra WSL flour, then roll out to flat, still using WSL flour

Place on oven tray

Add filling

Top with

- sliced tomatoes

Cook for 20 minutes.