



New York Style Paleo Pizza Crust

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

133.4 calories, 14.77 g carbohydrate, 2.33 g fiber, 12.44 g NET carbs, 2.83 g protein, 7.63 g fat

Ingredients

- 12 Tbsp(s) Bobs Red Mill Arrowroot Starch
- 1 cup Bob's Red Mill Almond Meal/Flour
- 1/2 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 3/4 tsp(s) Real Salt
- 1/2 Tbsp(s) raw honey
- 1/4 cup(s) filtered water
- 1/2 large(s) egg white
- 1 Tbsp organic extra virgin olive oil
- 1/4 Tbsp(s) organic apple cider vinegar
- 3 tsp(s) active dry yeast

Preparation

1. In a medium bowl, combine the almond flour, arrowroot, sea salt and psyllium.
2. In a small bowl, heat the water to 105-110 F. Add the honey and yeast. Let stand 5 minutes to get foamy. If it does not bubble, throw it out and start over to ensure you have active yeast.
3. Once cool, add the egg white, apple cider vinegar and oil to the yeast mixture. Pour the wet ingredients into the dry and stir vigorously using a silicone spatula to form a smooth, sticky dough.
4. Place dough in a warm place and let rise 1 hour.
5. Preheat oven to 450 F and place pizza stone inside oven.
6. Turn risen dough onto an oiled sheet of parchment and form a 10-inch circle. Place the parchment with the dough onto the preheated pizza stone and bake 9-12 minutes on bottom rack of oven or until edges begin to brown.
7. Add toppings and return to oven for 3-4 minutes.

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