



Pizza Dough (savory or Sweet)

Ingredients:

- 1 ¼ cup all-purpose flour (try gluten-free or whole wheat!)
- ½ cup water (if it is a little dry add 1 tbsp more of water at a time)
- ½ tsp salt
- 1 Tbsp yeast
- ½ tsp sugar
- 2 tsp oil (veggie,olive,etc)
- Optional:
 - For dessert, pizza dough add 2 Tbsp of Honey to the dough and ½ tsp ground cinnamon, or a small handful of chocolate chips!
 - For an extra savory dough add ¼ cup parmesan cheese (vegan cheese is fine too), ½ tsp garlic powder, and ¼ tsp dried parsley

Instructions:

1. Heat water to 100-110 degrees F. Mix water, sugar, and yeast together and wait until slightly foamy on top
2. In a separate bowl mix together salt and flour. Now that the yeast has made the water foamy, mix in your oil to that mixture
3. Now mix all ingredients together and knead until thoroughly combined. It will be messy and sticky at first but that is ok! Keep mixing until you have everything combined together.
4. Let the dough sit for 30 minutes - 1 hour, or until it has risen slightly.
5. Dump the dough onto a very lightly floured surface and knead for 5- 8 minutes
6. Divide the dough into smaller portions of your liking! You can make multiple tiny pizzas or one large pizza! Mix your specific dosing into each ball of pizza dough until it is mixed in all the way.
7. Re-roll the balls of pizza dough with your dosing foods into balls and place them on a greased parchment paper-lined tray. Let the dough rise for another 1 hour and, roll it out and top it with whatever you wish, or freeze the dough for later use!
8. Bake the pizza at 500 degrees until the bottom is slightly brown! Let it cool slightly before slicing!



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Ideas!

- Dessert pizza
- Mix dosing flours into pizza sauce!
- Use the peanut pesto recipe on top!
- Dose raw dairy by baking the pizza dough and spreading dairy and topping with salad and veggies!
- Swap out tsps or tbsps of different flours for the base flour in the recipe
- Make it a Mexican pizza by spreading beans (maybe mixed with chickpeas?) cheese tomatoes and spices with our taco meat recipe. When it comes out of the oven mix your raw dosing milks or yogurt with some lemon juice and spices for a “crema” topping

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: wheat