



PIZZA CRUST

Yield: one 10 inch pizza crust (or 4 – 6 “personal” pizzas)

Equipment

Food processor
Dehydrator

INGREDIENTS

2 cups	soft pastry wheat or sprouted buckwheat, soaked and sprouted (the sprout “tail” should be about the same length as the dry grain)
2 medium	fresh tomatoes
1/2 medium	onion
6 - 8	sundried tomato halves (soaked and rehydrated)
1/3 cup	fresh basil, chopped
1 teaspoon	Italian dried herbs mix
1 – 2 cloves	garlic, minced
1/3 cup	olive oil

Place all ingredients in a food processor and process until a thick dough consistency is achieved. Add more fresh tomato (or a bit of tomato soak water), if the mixture is too dry. Pour batter into a large mixing bowl and finish mixing by hand. Make sure all ingredients have been blended together well.

Spread the mixture onto a nonstick sheet and shape into a circle or square shape (about 1/4” thick) according to your preference.

Dehydrate at 105 degrees for four hours, or until top is nearly dry. Flip over, remove nonstick sheet and dehydrate again until the crust has dried to desired degree. (Some prefer the base to be hard and crispy, others like it semi-dry, so that it is a bit more bread-like).

Store crust in the refrigerator for up to a week or in the freezer for several months.

- Adapted from a recipe by Karen Knowler