

No Yeast Pizza Dough



Serves	3-4
Prep time	15 minutes
Cook time	12 minutes
Total time	27 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient , Lunch , Main Dish
Misc	Child Friendly
Occasion	Casual Party

Ingredients

- 225g spelt flour
- 3 teaspoons baking powder
- pinch salt
- 1 egg
- 1/2 cup milk
- 2 tablespoons sunflower oil

Directions

1. Combine the dry ingredients in a large bowl and make a well in the centre.
2. Whisk together the liquid ingredients then add to the dry ingredients.
3. Mix into a soft dough.
4. Divide into 3 to 4 pieces, depending on the size of the pizzas required, and roll out.



5. Once you've added your toppings cook for 10 - 12 minutes at 200 °C, preferably on a pizza stone or hot tray.

Note

Low Chemical / FAILSAFE

If you don't have spelt flour you can regular white flour.