

PIZZA *No Egg*



	Ingredients	Exchanges
Protein	6.2 gm Bob's Red Mill® soy flour	2 (+1 gm)
	2.8 gm Bob's Red Mill® Egg Replacer	1 (+0.5 gm)
	6 gm mozzarella cheese, whole milk, shredded	0.7(-0.7 gm fat)
Fat	31.8 gm Vegenaïse®	5 (+0.8 gm)
	4 gm olive oil	1
Carbohydrate	9.8 gm marinara sauce	1.3
Other	salt, garlic powder, dried oregano	

Recipe developed by Chef Paige Vondran

Recipe adapted from Cagla Fenton and Sye Groveman

DIRECTIONS

- Preheat oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, combine the soy flour, egg replacer, and vegenaïse.
- Add a pinch of salt; stir thoroughly.
- Line a baking sheet with parchment paper.
- Scoop the batter onto the baking sheet.
- Using the back of a spoon or small rubber spatula, spread the batter thin to form a circular shape.
- The edges of the circle should be slightly raised to form a barrier for the sauce.

VARIATIONS

- This recipe may be adjusted as needed to your child's individual meal plan.
- The marinara sauce may be omitted and substituted with other carbohydrates such as black olives or mushrooms.
- To make a dairy free pizza, you may omit the mozzarella cheese and substitute with extra egg replacer and soy flour for a larger crust.
- It is not recommended to freeze the whole pizza, however the crusts freeze well in a sealed sandwich bag.
- When adjusting this recipe, the amount of egg replacer should be half the amount of soy flour. The amount of vegenaïse should not exceed three times the amount of soy flour.