thermomix

RAW PIZZA

ACTIVE TIME
20 min

TOTAL TIME
4 h 35 min

DIFFICULTY
easy

SERVINGS
4 portions

INGREDIENTS FOR 4 PORTIONS

Base

- 60 g hemp seeds
- 60 g pumpkin seeds
- 60 g sunflower seeds
- 85 g walnut pieces
- 10 g fresh basil leaves
- 60 g onions
- 10 g agave syrup or maple syrup
- 2 garlic cloves
- ½ tsp fine sea salt
- ½ tsp ground black pepper

Pesto

- 65 g fresh spinach leaves
- 50 g pine nuts
- 20 g water
- 5 g agave syrup or maple syrup
- 5 g lemon juice
- 1 garlic clove
- ½ tsp fine sea salt
- ½ tsp ground black pepper

Topping

- 60 g yellow peppers, cut in rings (5 mm)
- 60 g cherry tomatoes, halved
- 1 tsp tamari sauce
- 3 sprigs fresh thyme, leaves only

USEFUL ITEMS

- baking tray and paper
- dehydrator
- slotted spoon

PREPARATION

(TM31 INSTRUCTIONS APPEAR IN BRACKETS, IF DIFFERENT)

Base

1. Line a baking tray with baking paper.
2. Place all base ingredients in mixing bowl and chop **10 sec/speed 5**. Scrape down sides of mixing bowl with spatula. Chop again **3 sec/speed 5** then tip out onto prepared baking tray.
3. Flatten into a 1 cm thick circle (approx. Ø 20 cm). Dehydrate at 40°C for 4 hours or until crispy (see tip).

Pesto

4. Towards the end of dehydrating time, make pesto. Place all pesto ingredients in mixing bowl and blend **10 sec/speed 10** then transfer to a bowl and set aside.

Topping

5. Place peppers, tomatoes, tamari and thyme leaves in mixing bowl then warm **10 min/40°C/reverse/speed soft (10 min/37°C/reverse/speed soft)**.
6. Spread pesto over pizza base. Use a slotted spoon to transfer vegetables to pizza, leaving liquid in mixing bowl. Serve while still warm.

TIP

- The pizza base can also be dried out in a 40°C oven if you do not have a dehydrator.

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NUTRITIONAL VALUES PER 1 PORTION

Energy	2221 kJ / 531 kcal
Protein	18 g
Carb	13 g
Fat	45 g

TIP SERVING SIZE

· Can be cut into 2 cm squares and served as an appetiser.

INFORMATION

· A raw diet comprises foods (e.g. produce, grains, seeds, nuts and beans) that are not heated above a certain temperature, typically somewhere between 40°C - 47°C.

THERMOMIX PARTS

Spatula, Measuring cup

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