



Simple | Healthy | Delicious

Gluten-Free Thick Crust Dough for Regular Oven



INGREDIENTS

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| 1 tablespoon ground chia or flax seeds |
| 4 teaspoons dry active yeast |
| ¼ c olive oil |
| ¾ c warm water |
| 4 ¼c whole grain gluten free flour mix |
| 1 ½ teaspoons salt |

DIRECTIONS:

1. To get started, you need to need to make a paste with your ground seeds. Put the seeds in a small bowl and pour 2 tablespoons of boiling hot water over the top. Working quickly, whisk mixture until your seeds and water come together into a thick paste and set aside.
2. In another small bowl, combine yeast and warm water. Stir once and let sit until the yeast activates and top looks foamy (5-10 minutes).
3. In a large bowl, sift together flour and salt. Add your seed paste and stir to incorporate. Add yeast mixture and olive oil and stir until a soft, pliable dough forms. If it's too dry, add some warm water to loosen it up. If it's too sticky, add some extra flour until you reach the right consistency. Once mixed, cover loosely and let rise in a warm place for 1 hour.
4. After the 1 hour rising period you may store your dough in the refrigerator if you wish to use it later. Covered tightly, dough should keep for up to three days.
5. When you are ready to continue, retrieve dough and divide into two equal mounds. Place on baking trays and roll out until about ½" thick or thicker if you so choose. Let dough rise for another 20-30 minutes on the trays in order to achieve an extra thick and chewy crust.