

# Gluten-Free, Casein-Free Pizza

## INGREDIENTS:

- 1 gluten-free pizza crust (look for one made with rice flour, almond flour, or coconut flour instead of corn)
- 1 cup dairy-free cheese (almond-based or cashew-based)
- 1/2 cup tomato sauce (preferably homemade or check labels for hidden sugars)
- 1 cup assorted vegetables (mushrooms, bell peppers, onions)
- 1 tablespoon olive oil
- 1 teaspoon oregano and basil

## INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Roll out the gluten-free pizza dough onto a baking tray and bake for 10-12 minutes until slightly golden.
3. Spread tomato sauce on the baked crust, top with vegetables, and sprinkle with dairy-free cheese.
4. Drizzle with olive oil and sprinkle oregano and basil on top.
5. Bake for another 10 minutes until the cheese melts and vegetables are cooked.

## NOTES:

- Pizza crust: Ensure the crust does not contain corn or soy. You can make a homemade crust using rice flour or almond flour.
- Tomato sauce: Make it from scratch using fresh tomatoes, garlic, olive oil, and spices to avoid added sugars or corn syrup in store-bought sauces.