

Raw Vegan Pizza

You will need a dehydrator for this pizza, alternatively you can also use the lowest temperature setting for your oven.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 30 mins

Cooking time: 180 mins

Category: Entrees

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw



Ingredients

Tomato raw (includes cherry, grape, roma)	10 grape
Basil, fresh	0.5 cup
Garlic, fresh	1 clove
Scallions or spring onions, tops and bulb, raw	1 medium - 4 1/8" long
Salt, sea salt	1 dash
Buckwheat groats, dry	2 cup
Chia seeds	0.5 cup
Almond flour	0.5 cup
Zucchini, raw	0.5 cup
Large flake nutritional yeast	5 gram
Coconut sugar, coconut	2 x 1 tsp
Tamari sauce	0.5 teaspoon
Mushrooms, raw	2 cup
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Green olives	12 medium
Onion, white, yellow or red, raw	1 small
Pineapple, fresh	1 cup
Cashews, raw	0.5 cup
Water	0.25 cup
Lemon juice, fresh	1 teaspoon

Instructions

Soak cashews for at least 4 hours or overnight - for faux cheese.

Soak buckwheat for 6 hours or overnight - for the crust.

Sauce - First 5 ingredients

1. Place 4 medium sized sliced tomatoes in the blender along with fresh basil, scallion, garlic and salt. Blend until well mixed but not completely watery. Season with salt and pepper to taste. Place in a bowl or storage container. The sauce can be made a day before and stored in the fridge as the cashews and buckwheat are soaking.
2. Clean blender for cashew cheese.

Crust - Ingredients starting with buckwheat groats and ends with tamari sauce

1. Rinse and drain soaked buckwheat groats.
2. Add all crust ingredients to a food processor and process until smooth. Scrape the sides with a spatula as needed.
3. On 1 or 2 dehydrator sheets smooth out pizza crust. If you want a bigger and thicker crust make one pizza. I prefer a thinner crust and make 2 pizzas.

Cheese Topping - Last 6 ingredients from cashews to nutritional yeast

1. Rinse and drain cashews.
2. Place all cheese ingredients, except water, in blender and blend until smooth, adding small amounts of water as needed. You can add no water or more than 1/4 cup depending on how you prefer the consistency of the cheese.

Vegetable Toppings - Ingredients from mushroom's to pineapple
Any mushroom will do. I use cremini. Green or black olives are fine.

1. Slice and dice all vegetables to preferred sizes.

Assembly

Top pizza crust with tomato sauce. Add cut vegetables. Top with cashew cheese.

Dehydrate at 150 degrees for 30 minutes then turn down to 115 degrees until the crust is crispy - about 2 - 4 hours. If you don't want to use the 150 degree temperature just start at 115 degrees.

Can be stored in refrigerator for up to 6 days.