



# Gluten & Dairy Free Pizza Recipes

## Almond Flour Thin Crust Pizza

2 tablespoons flax meal (or ground flax) or 2 large eggs  
1 cup almond flour  
1 cup [tapioca starch](#)  
1/2 cup coconut flour  
1 teaspoon salt  
2 tablespoons olive oil  
2/3 cup non-dairy milk

Preheat the oven to 425F. Line a pizza pan or sheet pan with parchment paper and set aside.

If using flax egg: make the flax egg by mixing the flax meal with 6 tablespoons water. Whisk and set aside at least 5 minutes to thicken.

In a large bowl add the almond flour, tapioca starch, coconut flour and salt. Whisk to combine.

In a medium bowl combine the flax egg (or real eggs), olive oil and non-dairy milk. Whisk to combine and then dump over the dry ingredients. Use a silicone spatula to fully incorporate the wet ingredients into the dry ingredients. This will feel like a pretty wet dough, and that is okay.

Set the dough aside for about 10 minutes to allow the coconut flour to absorb some moisture. When you come back to the dough after 10 minutes you'll have a more workable dough. Be aware, this will not be like a traditional pizza dough, but will feel more like a cookie dough.

Next, you can either pat the dough out with wet hands (to prevent sticking) or place another piece of parchment on top and roll out with a rolling pin. You'll want to roll it about 1/8-1/4" thick. If you rolled out the dough with parchment on top, peel the top piece of parchment off.

Bake the pizza crust in the preheated oven for 13-15 minutes, or until just starting to brown on the edges. Keep the oven on!

Once the pizza crust has been par-baked it's time to decorate your pizza. Top your pizza crust with sauce, veggies, nuts and cheese (such as [vegan mozzarella](#)). Put the pizza back in the oven with all of its beautiful toppings and bake for another 10-12 minutes, or until the cheese is starting to brown and the edges of the crust are a deep golden brown. Enjoy!



## Gluten Free Pizza Crust

1 cup warm water  
1 tablespoon sugar or other sweetener  
2 teaspoons yeast  
1 ½ cups all-purpose gluten free flour (I like Namaste brand)  
1 teaspoon baking powder  
½ teaspoon salt  
1 tablespoon psyllium husk powder  
2 tablespoons olive oil

Stir water, sugar and yeast together in a small bowl. Set yeast aside to proof, about 3-4 minutes. Yeast is proofed when it becomes bubbly on top.

While the yeast is proofing, add the flour, baking powder, salt and psyllium husk powder to the bowl of a stand mixer fitted with a paddle attachment. Mix on low speed to combine.

When the yeast has proofed, turn the mixer on low and slowly pour in the yeast mixture and olive oil. Turn the mixer up to medium-high and mix for 5 minutes. This will help the gluten free flour to absorb sufficient moisture and add air to the dough. (Note: if you don't have a stand mixer, mix vigorously with a wooden spoon for 10 minutes). Scrape down the sides with a well-oiled spatula, cover and set aside to rise for 45-60 minutes. The dough should be bigger than when you first covered it and slightly springy when pressed lightly with your finger.

Preheat the oven to 425F. Line a pizza or sheet pan with parchment paper. When the dough has risen, dump it out onto the prepared pan. With wet hands, spread the dough out into an even layer about ¼" thick. Keep your hands slightly wet to prevent the dough from sticking to your hands. Bake for 10 minutes, then flip the crust over and bake another 5-7 minutes until light golden brown. Remove from the oven.

Top pizza with desired toppings and bake another 8-10 minutes until crust is baked through and toppings are warmed through.



## Vegan Cashew Mozzarella

1/2 cup raw cashews, soaked for at least 2 hours if not using a high powered blender  
1/2 cup water  
2 tablespoons tapioca starch  
1/2 teaspoon sea salt  
1-2 tablespoons nutritional yeast to taste  
1 teaspoon olive oil  
1 teaspoon vinegar or lemon juice  
1 clove garlic or 1/4 teaspoon garlic powder optional

Add all ingredients to a blender and blend for 2-3 minutes until completely smooth, scraping down the sides once or twice as needed.

Pour the mixture into a small saucepan and cook over high heat for 4-5 minutes, stirring constantly with a silicone spatula. The mixture will start to look curdled after a couple minutes, and this is exactly what you want! Keep stirring. After a few more minutes it will come together in a cohesive ball that will stretch when lifted with the spatula. Your mozzarella is done!

At this point you can use it lots of different ways. Here's some suggestions:

Hot out of the pan: Blob it on pizza, spread it on bread and make grilled cheese or spread it on tortillas for a quesadilla.

Chilled: Chill the mozzarella ball for at least 4 hours. When chilled it is easier to manipulate and you can cube it for caprese salad skewers, grate it for pizza on a large hole box grater, slice it thin and layer it in lasagna.

Store mozzarella in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months. With a little arm power, the cheese can be grated straight from the freezer onto pizza, quesadillas and grilled cheese sandwiches.



## Thai Peanut Sauce

**Pizza Suggestion:** this works great as the sauce for a Thai pizza. Top with sautéed purple cabbage, garlic, broccoli, onion and cashew mozzarella. Add chopped cilantro to the top during the last minute of baking.

6 tablespoons peanut butter  
1-2 tablespoons sriracha, to taste  
1 tablespoon rice vinegar  
2 garlic cloves minced  
½ teaspoon ginger finely minced (or ⅛ tsp ground ginger)  
2 tablespoons soy sauce or coconut aminos  
4 tablespoons hot water or more to adjust consistency

Combine all ingredients for the peanut dressing in a small bowl. Whisk until smooth. Add more water as necessary to create a smooth, pourable sauce.

### Variations:

**Thai Coconut-Peanut Sauce:** Replace the water with coconut water or coconut milk. (Coconut milk will yield a richer coconut taste, but will also add fat.)

**Thai Peanut Curry Sauce:** Add 1 teaspoon curry powder with all the other ingredients.

## Roasted Red Pepper Cream Sauce

**Pizza suggestion:** This sauce is great drizzled on top of pizza in lieu of, or in addition to, vegan cheese. I like to use it on Mediterranean pizza with chopped roasted red peppers, artichokes & kalamata olives.

¾ cup raw cashews (soaked in water for 8 hours if you don't have a high powered blender like a Vitamix)  
1 clove garlic peeled  
2 roasted red peppers  
1 tablespoon lemon juice  
½ cup vegetable broth  
salt to taste

Add all ingredients to a blender. Blend until completely smooth, about 2-5 minutes, depending on your blender. If you prefer a thinner sauce or there isn't enough liquid to blend properly, add more broth or water until you've reached the desired consistency. Season with salt.



## Alternative Dish Health Coaching Services

**Contact Maggie to schedule your complimentary discovery session.**

[mkwescott@gmail.com](mailto:mkwescott@gmail.com) 651-425-881 <https://alternativedish.com/health-coaching/>

### **NEW! - Gluten Freedom Transition Program**

**\*Pilot Program beginning in June at a significant discount\***

Realizing you are gluten intolerant or getting a celiac diagnosis can be life altering. During this 4-week coaching program you will learn how to transition from a gluten-filled to a gluten free lifestyle. This is offered as a group program or a 1:1 coaching program. In this program you will learn how to:

- Read Food Labels
- Clean out your pantry
- Set up your gluten free kitchen
- Sanitize your kitchen
- Navigate the grocery store
- Meal plan and cook delicious gluten free meals
- Recreate old recipes to make them gluten free
- Eat out at restaurants
- Navigate family functions and other social situations
- Cheat sheets to easily identify foods with gluten.

**Group Coaching – ~~\$249~~ Join the Pilot Group for only \$89**

Pilot group coaching session starts June 18th at 7:00 pm CST. This program is being offered at a significant discount one time only before its full release. Participants in the pilot program will have lifetime access to the content as I continue to grow the program.

- Four weekly 60-minute group sessions via Zoom; one session is a cooking class based on participant interest and input.
- Education and support to seamlessly transition to a gluten free lifestyle.
- 4-weeks of easy to follow gluten free recipes with vegan/vegetarian options.
- Access to private Gluten Freedom Facebook community.
- Unlimited access to Maggie for the duration of the program.

**1:1 Coaching - ~~\$399~~ - Pilot program \$199 (5 spots remaining)** This program is being offered at a significant discount to a limited number of clients before its full release. Clients participating in the pilot program will have lifetime access to the content as I continue to grow the program.

- Four weekly 60-minute private sessions via Zoom; one session is a private cooking class via Zoom with Maggie.
- Education and support to seamlessly transition to a gluten free lifestyle.
- Weekly **personalized recipes** for your specific dietary restrictions and preferences.
- Access to private Gluten Freedom Facebook community.
- Unlimited access to Maggie for the duration of the program.



## 1:1 Coaching

**\$60/one-hour session or \$225/four one-hour sessions**

Changing the way you eat can be a daunting process. Whether you are taking gluten out of your diet, wanting to move toward a plant based diet or just trying to figure out how to fit more vegetables into your diet, I can help you make that transition. I specialize in helping you build a lifestyle around your food sensitivities that will assist you in making the transition with ease! [Schedule your complimentary discovery session](#) to find out if working together is the right fit.

Services offered:

- Transition programs for new dietary restrictions or allergies
- Pantry Clean Out
- Grocery Store Tour
- Recipes based on your food sensitivities and cooking level
- Meal prep guidance and grocery lists
- Cooking Lessons
- Exercise and movement guidance
- And more...

## Customized Recipes and Menu Plans

**\$40 for initial assessment and 1-week of easy to follow recipes; \$20/week after initial assessment. Purchase a 4-week package and receive the assessment free of charge.**

We will setup a [one-on-one phone assessment](#) to talk about your food sensitivities, dietary needs, likes and dislikes, kitchen equipment and level of cooking knowledge. I will prepare a personalized 7-day recipe book and grocery list based on our conversation.

## Cooking Coach

**\$60/one-hour session**

Learning that you need to change your diet can have a profound impact on your life and the time you spend in the kitchen. As a chef and coach I am passionate about empowering people with new dietary restrictions and allergies to cook so they can continue to enjoy eating. Together we will make mutually agreed upon recipes that focus on techniques for specific food sensitivities as identified by the client.