



3 INGREDIENT SWEET POTATO PIZZA CRUST

INGREDIENTS

- + 1 medium sweet potato, peeled
- + $\frac{2}{3}$ cup rolled oats
- + 1 egg
- + $\frac{1}{2}$ tsp salt
- + 1 tbsp olive oil
- + pinch of garlic powder

SERVES
2

NUTRITION INFO (1 serving)

Calories 255; Fat 21g; Sodium 423mg;
Carbohydrate 15g; Fiber 5g; Protein 6g

DIRECTIONS

01. Preheat oven to 400 degrees.
02. Pulse the sweet potato and oats through the food processor until very fine.
03. Add the egg, garlic powder, and salt; pulse again to mix. The mixture should resemble a loose dough or thick batter.
04. Transfer to a baking sheet or round pizza pan that has been lined with parchment paper or lightly oiled.
05. Press into $\frac{1}{4}$ - to $\frac{1}{2}$ -inch thick crusts and shape with your hands. Choose to make two small crusts or one large crust.
06. Bake for 25-30 minutes, until the top is dry to the touch. Remove from the oven, let cool, and invert back onto the pan with the dry side facing down.
07. Gently peel the parchment paper off the top layer (if needed) and brush with olive oil. Bake for another 5-10 minutes to get a nice crispy top.
08. Top with your favorite pizza toppings and pop back into the oven to melt the cheese.