

Pizza dough + 8 topping ideas!



 Serves: 4  Prep: 15 minutes  Cook: 15 minutes  [Stack Cup](#)

Metric

Imperial

ingredients

2 1/2 cups gluten free flour

333 g

3 tsp baking powder

14 g

1 tsp salt

5 g

3/4 cup water

188 g

1 tbsp olive oil

Method

Step 1

In a large mixing bowl, combine flour, baking powder and salt

Step 2

Slowly add in water and oil and use a wooden spoon to stir until a dough begins to form (dough should be soft, not sticky). Add more water or flour until the right consistency is achieved

Step 3

Lightly flour work area and knead dough for 5-10 minutes

Step 4

Divide dough into 4 equal portions. Spread dough using hands onto a prepared oven tray lined with baking paper to form 4 small pizza bases

Step 5

Bake pizza bases at 180 degrees celcius/355 fahrenheit for 10 minutes until lightly browned

Step 6

Add your toppings of choice onto the pizza bases (see ideas below!) and cook in the oven for approximately 10 minutes

Hints

Our favourite low FODMAP pizza topping ideas!

Greens pizza

- Low FODMAP pesto (recipe in the Monash FODMAP app)
- Silverbeet/chard or kale (wilted down in garlic infused olive oil)
- Broccoli
- Lemon
- Parmesan & mozzarella

Ham & nineannle

Ham & pineapple

- Tomato paste
- Canned pineapple slices in juice, drained (check app for low serve size)
- Sliced ham
- Mozzarella
- Green chili

Vegan pizza:

- Tomato paste
- Eggplant/aubergine
- Black pitted olives
- Basil leaves
- Vegan cheese

Mushroom pizza

- Slippery jack mushrooms
- Spinach
- Pecorino cheese
- Mozzarella
- Garlic infused olive oil, lemon rind, thyme as an oil to top

Potato and rosemary

- Thinly sliced potato
- Garlic infused olive oil
- Rosemary leaves
- Shredded mozzarella

'Garlic' prawn pizza

- Tomato paste
- Prawns, peeled and deveined (marinade in garlic infused olive oil + lemon)
- Rocket
- Sliced common tomato
- Green capsicum
- Shredded mozzarella

Pumpkin pine nut rocket

pumpkin, pine nut, rocket

- Tomato paste
- Baked Kent/Japanese pumpkin
- Baby spinach
- Pine nuts
- Feta
- Balsamic vinegar

Chicken pizza

- Store bought BBQ chicken, shredded
- Green capsicum
- Sliced common tomato
- Rocket
- Mozzarella

Don't forget to check the food guide in the [Monash FODMAP app](#) for detailed serving size information

