

Raw Pizza, 10.19.14

with The Vegabond Chef, Brad Myers

Ingredients (Crust):

3 onions, shredded
1c sunflower seed, ground fine
1/4c flax seed, ground fine
3t olive oil
3t Namu Shoyu

Directions:

Combine all ingredients and form into pizza pies on Teflex sheets. Dehydrate at 135 degrees for 8 hours.

Ingredients (Red Sauce):

1 Tomato
8 slices sundried tomato, reconstituted in water
1 stalk of celery
2 cloves garlic
1 piece of onion
1 lemon, juiced
3t agave
1t dried basil
1t veggie pepper
2t Italian seasoning
1t salt

Ingredients (Cashew Cheddar):

2c cashew, (soaked for at least an hour)
1 white miso
3t ACV
3t nutritional yeast
1t onion powder
2t turmeric
1/2t mustard powder
1/2t smoked paprika
2t coconut butter
dill cheese
1c cashews
2 lemons, juiced
1t tahini
3t olive oil
2t fresh dill
1 clove garlic
1t salt

Directions (Cheese & Sauce):

Combine all ingredients and process until smooth. You can use the water that the sundried tomatoes were soaking in to help blend the cheddar and the red sauce. A little bit of plain water would be fine for the dill cheese if needed.