



BIO MIT HAND UND HERZ!

## Rice wholemeal pizza dough

### Ingredients for a loaf

125 g	Werz rice flour, wholemeal and gluten-free	1 tsp	raw cane sugar
125 g	Werz rice starch, gluten-free	1	pinch of salt
7 g	Werz dry yeast, gluten-free	1 tbsp	cider vinegar
10 g	psyllium husks, ground	200 ml	water
2 tbsp	olive oil		



gluten-free



vegan

### Preparation:

Mix Werz dry yeast with raw cane sugar and water in a small bowl and leave to rise for 10 minutes.

In the meantime, blend the remaining dry ingredients and prepare the liquid ingredients. After that put all the ingredients together in a mixing bowl and knead to a smooth dough. This can take a few minutes, so knead vigorously.

Now roll out the dough on baking paper and leave to rise in a warm place for 30 minutes, covered with a slightly damp cloth.

Preheat the oven to 220 degrees (top/bottom heat). Cover the dough with the desired ingredients. Bake the pizza in the middle of the pre-heated oven for 15 minutes.

Enjoy your meal.



For questions please mail to: [info@werz.bio](mailto:info@werz.bio)



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