

# Easy Vegan Pizza

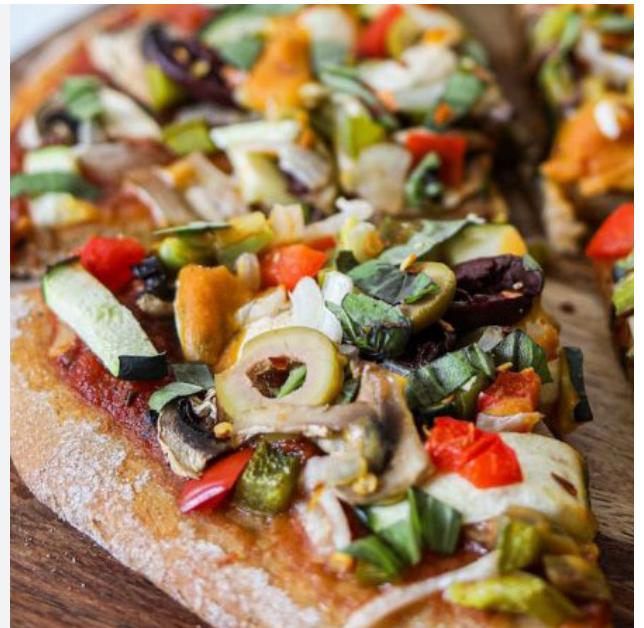
Pizza for weight loss? YES! This pizza is low fat, full of veggies and will satisfy that craving to keep you on track with your goals.

Prep:  
**40 minutes**

Cook:  
**20 minutes**

Ready In:  
**60 minutes**

Servings:  
**3**



## Dough

1 cup water  
3 cups whole wheat flour  
2 tsp dry active yeast  
1 tsp salt

## Toppings

1/2 bell pepper, chopped  
1/2 onion, chopped  
1 cup mushrooms, chopped  
4-5 artichoke hearts, diced  
2 cups spinach  
4-6 olives, diced  
1/2 cup low fat marinara  
1 tbsp nutritional yeast

## Instructions

**1** The easiest way to make this dough is in a bread maker, add the ingredients in the order listed and press the dough function. If you don't have a bread maker you can use a stand mixer by adding in the dry ingredients, mixing those lightly, then slowly adding in the water. Once mixed attach a dough hook and use the dough setting. You can also do this by hand, mix the dry ingredients together, slowly add in water and use a non stick spatula to stir as you add it in. Once all the water is mixed in, take it out of the bowl and knead by hand on a floured surface for 5 minutes.

**2** Preheat oven to 400 degrees. Once your dough is done, lightly flour a surface and roll out the dough in a long log. Cut into 3 sections and roll each into a ball. Place a little flour on top of the ball and roll out, turning the dough as you roll it. I like to pull on the dough a bit to really stretch it out into a thin crust. Keep rolling until you get the desired thickness. Put your fingertips in the dough to make small cuts with your nails to prevent bubbles.

**3** Add a tiny bit of flour to the bottom of a baking sheet and place your dough on top. Bake the dough by itself for 2 minutes. Then take it out, add your sauce and toppings. Bake again for 15-18 minutes. Let cool 5 minutes before cutting into. Enjoy!