Sweet Potato Pizza



Fabulous and healthy sweet potato pizza. This one is just amazing! You've got to try it! It's completely free from Troublemaker foods and it's a perfect recipe for transitioning into healthier dinner options.

Servings: 1

Pizza Dough

2 sweet potatoes 5 tbsp cassava flour 3 tbsp arrowroot powder 1 tsp oregano 1/2 tsp sea salt

Tomato Sauce

0.8 dl tomato puree 1 tbsp lemon juice 1 tsp oregano 1 tsp thyme sea salt black pepper

Topping

1/4 red bell pepper3-4 mushrooms3-4 cherry tomatoes1/4 red onion2-3 asparagus

Garnish

1/2 avocado 4 green olives chili flakes aioli ruccola

Aioli

2.5 dl cashews 3 cloves of garlic juice from 2 lemons 1/4 tsp sea salt 1 dl water

Sweet Potato Pizza

INSTRUCTIONS

- 1. Peel and chop the potatoes. Steam them for 10-15 minutes, until soft. Let cool for a few minutes.
- 2. Heat the oven to 200 degrees Celsius.
- 3. Place potatoes in a bowl and mash with a potato masher. Take 2.5 dl of the mash and place in another bowl. Add cassava flour, arrowroot powder, oregano and salt. Mix well.
- 4. Roll out the dough between two baking sheets. Make sure the dough releases from both papers. Remove the top layer.
- 5. Bake in the oven for about 20 minutes, until it solidifies a bit.
- 6. Meanwhile, make the tomato sauce by simply mixing everything in a bowl. Also prepare the toppings by rinsing them off and chopping them.
- 7. Prepare the aioli by mixing all ingredients in the mixer, until smooth. Start with 1 dl of water and only add extra if needed.
- 8. When the pizza base is ready, take out the pizza and add tomato sauce and toppings. Cook for about 10 more minutes, until the edge has a nice colour.
- 9. Garnish with avocado, olives, chili flakes, aioli and arugula. Serve immediately.

If you want to go one step further and make this even more healing, you can do so by just avoiding the aioli, olives and avocado. Instead, substitute it for something that's fat-free.

When it comes to the olives, make sure they are clean. The only ingredients should be olives, water and salt. Nothing else.