

BRUSSELS SPROUT & "BACON" PIZZA:.



Raw, roughly chopped Brussels sprouts and coconut bacon top this unconventional pizza... the perfect winter-into-spring recipe.

Prep Time: 5-10 minutes

Oven Temp: 350 degrees F

Cook Time: 15 minutes

Serves: 2 people

Ingredients

Pizza crust (homemade or store bought)
Hummus
Pizza sauce (homemade or store bought)
Pine nuts (optional)
Sliced onion rounds

Sliced red peppers, organic are best
Sliced Greek pepperoncini
Brussels sprouts, roughly chopped
Coconut bacon (recipe follows, next page)
Garlic powder & dried oregano

***see Recipe Notes**

Instructions

1. If using a homemade crust, pre-bake it for five minutes.
2. Spread on hummus, then sauce.
3. Sprinkle garlic powder and dried oregano, then add pine nuts if using.
4. Add onions, peppers and pepperoncini and bake in over for about 15 minutes or until crust is lightly brown and veggies are tender.
5. Top with raw Brussels sprouts and sprinkle on coconut bacon. Serve.

Recipe Notes

I like using red pepper hummus for the extra flavor dimension it offers, but feel free to experiment with your favorite kind. Hummus is key as it mimics the moisture and flavor cheese adds to pizza.

I use Jeff's Naturals brand for my pepperoncini because it doesn't contain the preservatives found in most brands of pepperoncini found in grocery stores. I get mine a natural foods grocery store.

Sprinkling on garlic powder and dried oregano helps boost flavor.

To judge quantity, I make my pizza in a 9-inch cake pan and use about ½ onion, one small red pepper, ½ cup of pepperoncini, 4-5 Brussels sprouts and ¼ cup coconut bacon. But feel free to adjust to your personal taste.