

MULTI-USE PIZZA & WRAPS MIX RECIPES

“Who knew making Grain-Free Pizza could be so easy!”

IMPORTANT NOTES & TIPS:

- It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. When measured this way, each cup of Baking Mix should weigh approximately 125g.
- The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites.
- Glass pans take longer to come to temperature than metal pans, so you may want to adjust the baking time.
- Convection ovens bake approx. 25 degrees hotter than ovens without a circulating fan.
- Test your oven with an oven thermometer to see if your oven is baking to temperature.
- Ovens and pans vary, so baking times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
- For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
- Re-crisp the crust in a 400° oven for about 10 minutes.
- Breads will keep 7-10 days refrigerated or, frozen up to a year.

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Big Chewy Pretzels Makes 6 Big Pretzels



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1 C Mix weighs approx. 125g.

INGREDIENTS:

2 1/2 C **MULTI-USE PIZZA & WRAP MIX** (313g)
3 Large Eggs (150g)
2/3 Cup Water (160g)
2 T Apple Cider Vinegar (30g)
1 C shredded Mozzarella Cheese

DIRECTIONS:

1. Pre-heat oven to 400°F and line a sheet pan with parchment paper (or bake in a greased donut pan).
2. Use a large bowl or your food processor to combine the Pizza & Wrap Mix with the eggs, water, vinegar and cheese.
3. Cover and let the dough rest 10 minutes, then use your hands to knead and squeeze the dough until it tightens up, about a minute.
4. Divide dough into 6-8 sections and use damp hands to roll each section into 'ropes' about 12" long.
5. Loop each end toward the center, twisting, if desired, to create the classic pretzel shape.
6. Brush with egg.
7. Bake 26-30 minutes, until golden brown.
8. Brush with more egg as soon as they come out of the oven and sprinkle with coarse sea salt.

Scrumptious Focaccia

Makes 1 - 8" x 10" focaccia.



INGREDIENTS:

2 1/2 C **MULTI-USE PIZZA & WRAPS MIX**(313g)

3 Large Eggs (150g)

1 C Room Temperature Water (240g)

DIRECTIONS:

1. Pre-heat your oven to 375°F and coat a sheet pan with olive oil.
2. In a medium-size bowl, use your fingers or hand-held mixer to thoroughly combine all ingredients.
3. Let the dough rest for 10 minutes to firm up.
4. Use damp hands to transfer to your prepared pan.
5. Pat into a rectangle shape about 1/2" thick.
6. Use your fingers to poke holes all over the top.
7. Add garlic and herbs and drizzle with olive oil as desired.
8. Bake 26 - 30 minutes or until golden brown.

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2. The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites.
3. To bring eggs to room temperature quickly, set them in a glass of warm water.
4. It's usually best to line your pans with parchment paper, a baking liner or cooking spray.
5. Ovens vary, so bake times may need to be adjusted.
6. Re-crisp the crusts in a 400°F oven for about 10 minutes.

The Best Bagels Makes 6 Bagels



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INGREDIENTS:

2 1/2 C **MULTI-USE PIZZA & WRAP MIX** (313g)

3 Large Eggs (150g)

3/4 Cup Water (177g)

2 T Apple Cider Vinegar (30g)

Optional Ingredient:

1 C shredded Mozzarella Cheese or 4 oz Cream Cheese

DIRECTIONS:

1. Pre-heat oven to 400°F and line a sheet pan with parchment paper (or bake in a greased donut pan).
2. Combine the Pizza & Wrap Mix with the eggs, water, vinegar and cheese, if using.
3. Cover and let the dough rest 10 minutes, then use your hands to knead and squeeze the dough until it

tightens up, about a minute.

4. Divide dough into 6 sections and use damp hands to roll each section into 'ropes' and shape into 'rings'. Or roll into balls, poke your finger through and use wet hands to smooth into bagel shapes.

5. Brush generously with egg.

6. Bake 28-32 minutes, until golden brown.

7. Halfway through baking, brush with more egg and add toppings, if desired.

Tortilla Wraps or Chips

Makes 12 Taco-size Tortillas or about 96 Tortilla Chips



IMPORTANT TIPS BEFORE STARTING:

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2. Ovens vary, so baking times may need to be adjusted.

INGREDIENTS:

- 2 C **MULTI-USE PIZZA & WRAP MIX** (250g)
- 1 C Water (240g)
- 2 T Melted Butter (30g)

DIRECTIONS:

TIP: Parchment paper (cut to size) works best here for rolling/pressing the tortillas, and for baking them.

1. Preheat oven to 325° F.
2. In a medium-size bowl, combine all ingredients until a soft dough forms.
3. Remove 2 T of dough at a time and roll into balls.
4. Use a tortilla press (or rolling pin) and two sheets of parchment paper to press into round tortillas (press thin, as it will thicken slightly while cooking).

To Cook: Place 6 tortillas on a lined sheet pan and bake for 6-8 minutes until centers are firm like the edges. You can also use your microwave, but the oven produces the most

even baking results. To Microwave: 1 tortilla at a time flipping halfway through until the center is firm and cooked through. The length of time will depend on the wattage of your microwave, generally 30-60 seconds. The tortillas can also be cooked in a very lightly greased skillet 1-2 minutes per side.

To fry the cooked tortillas, use very hot oil and make sure the centers are cooked through first or the edges may start to burn before the centers brown.

FOR TORTILLA CHIPS:

Follow the steps to make the tortillas. After baking, cool and stack them. Use a large knife to cut a stack of them into 8 sections like you would cut a pie. Scatter them back on your baking sheet and bake until very firm and beginning to brown (about another 6-8 minutes). If you don't want to fry them, bake a little longer until crisp all the way through. To Fry: Cool, then fry quickly in small batches in very hot oil until crispy (10 seconds per side). Drain on paper towels and sprinkle with sea salt.

Perfect Pizza Crusts



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2. Ovens vary, so baking times may need to be adjusted.
3. Re-crisp the crusts in a 400°F oven for about 10 minutes.

INGREDIENTS:

1 3/4 C **MULTI-USE PIZZA & WRAP MIX** (219g)

1 C Egg Whites (240g) You can substitute for water, but we like the egg whites.

3 T Melted Butter or Olive Oil (42g)

NOTE: For a thin, crispy crust, roll the dough very thin and par-bake about 15 minutes. Or divide the dough into 8 sections for personal size crusts and use your tortilla press. Roll the edges over for a thicker crust on the edge.

DIRECTIONS:

1. Pre-heat your oven to 400°F and grease your baking sheet.
2. In a medium-size bowl, combine the **Pizza/Wraps Mix** with the egg whites and butter/oil, mixing with your fingers or hand-held mixer.
3. Let mixture rest 10 minutes to absorb the liquids then knead and squeeze the dough until it becomes a soft ball.
4. Use a spatula to scrape onto your work surface lined with plastic wrap or parchment paper,
5. Use damp hands to shape into a disc, sprinkle with water to prevent sticking and cover with more paper.
6. Press with your hands or use a rolling pin to roll into a pizza shape.
7. Remove the top sheet of paper (curl the edges to make a thicker crust, if desired)
8. Use parchment paper or cling wrap to help transfer to your pan.
9. Pre-bake for about 20 minutes without toppings or add sauce and toppings and bake until sauce is bubbling, and edges are golden.

Deep Dish Style Pizza



INGREDIENTS:

- 1 3/4 C **MULTI-USE PIZZA & WRAP MIX** (219g)
- 3/4 C Water (177g)
- 1 Egg (50g)
- 1 T Butter or Olive Oil (15g)

DIRECTIONS:

1. Pre-heat oven to 375°F and generously grease a casserole dish, deep-dish pie pan or a cast iron skillet with olive oil. Sprinkle salt and garlic powder over the oil.
2. In a medium-size bowl, combine the Pizza & Wraps Mix with the egg whites and butter/oil, mixing with your fingers or hand-held mixer.
3. Let mixture rest 10 minutes to absorb the liquids then knead and squeeze the dough until it becomes a soft ball.
4. Use a spatula to scrape onto your work surface lined with plastic wrap or parchment paper,
5. Use damp hands to shape into a disc, sprinkle with water to prevent sticking and cover with more paper.
6. Press with your hands or use a rolling pin to roll into a pizza shape.
7. Remove the top sheet of paper (curl the edges to make a thicker crust, if desired).
8. Use parchment paper or cling wrap to help transfer to your pan.
9. Once the crust is in the pan, add cooked and drained seasoned ground meat or sausage, sauteed mushrooms, onions, black olives, etc.
Cover with pizza sauce or seasoned and drained crushed tomatoes.
10. Bake at 350° F for 30 - 40 minutes and sauce is bubbling.
11. Remove from oven, top with cheese, and return to the oven until melted.
12. Let set up a few minutes before slicing.

The Real Deal English Muffins Makes 4 English Muffins



These muffins are truly the Real Deal!

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1 C mix weighs approx. 125g.

DRY INGREDIENTS:

1 C + 2 T **Pizza & Wrap Mix** (140g)
1/2 t Baking Soda (or 2 t Baking Powder)

WET INGREDIENTS:

1/2 C Egg Whites (120g)
1/2 C Milk of choice (120g)
2 t Apple Cider Vinegar (10g)

TIP: I prefer to bake these, but you can also put them in a lightly greased skillet instead. Once cooked, sprinkle with a little coconut flour, cornmeal, or tapioca starch for an authentic look.

DIRECTIONS

1. Pre-heat oven to 350 degrees and line a sheet pan with a baking liner. Baking liners work better here than parchment paper.
2. In a medium/large bowl, whisk together the egg whites, milk, and vinegar.
3. In a small bowl whisk together the **Pizza & Wraps Mix** and either the baking soda or baking powder.
4. Whisk the wet and dry ingredients together until well combined.
5. Cover and let rest for 15 minutes.
6. Use a rubber spatula to stir and fold the dough together until it becomes a soft, sticky dough.
7. Divide dough into 4 sections and with damp hands shape each into a ball.
8. Place on the sheet pan and gently pat down to a disc about 3" wide.
9. Bake for 8 minutes, then use a spatula to turn each muffin over.
10. Bake another 6 minutes then remove from oven and transfer to a cooling rack.
11. Once completely cool, slice and toast!