

Flax Bread or Pizza Crust

Ingredients:

1.5 c. flax seed meal
2 tsp. baking powder
1 tsp. salt
1 tsp. oregano
½ tsp. basil or Italian seasoning
½ tsp. garlic, granulated
½ tsp granulated onion
3 eggs
½ c. water
3 tbsp. olive oil

Method:

Preheat oven to 425 F.

Combine dry ingredients and mix with fork. Let sit to thicken.

Make a well in the center and add wet ingredients. Let sit for 5 minutes. Spread on greased cookie sheet or silicone mat to desired thickness. Bake at least 15 minutes or longer until coked through. Add toppings and cook until done.