

# Ground Flax Seed Pizza Dough

## Also Known As

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Bread	1 shell	Bread	

### Comments

If you are looking for a healthy pizza dough, you just found it. It is good and crusty too.

**Prep Time** 15 minutes      **Cooking Time** 15 minutes      **Ethnic Origin** American

1/8=.125   1/4=.25   1/3=.33   3/8=.375   1/2=.5   5/8=.625   2/3=.66   3/4=.75   7/8=.875

<b>Measure</b>	<b>Ingredient</b>	<b>Pre-Heat?</b> <input checked="" type="checkbox"/> Yes	<b>Temperature</b> 425	<b>Grease Pan?</b> <input checked="" type="checkbox"/> Yes
			<b>Measure</b>	<b>Ingredient</b>
1.5 cups	ground flax seed			
2 tsp.	baking powder			
1 tsp.	sea salt			
1 tsp.	oregano, Greek			
1 Tbs.	sugar or sweetener			
3 Tbs.	olive or vegetable oil			
3	eggs			
.5 cup	water			

### Instructions

Mix dry ingredients together.  
Add wet ingredients, and mix very well.  
Let sit for about 5 minutes to thicken.  
Spread on pan  
Put it on a silicon mat or greased parchment paper.

Bake for 15-18 minutes until cooked through, then add toppings and cook until they are done.