



KEFIR VEGGIE PIZZA

Easy!

Pre-heat oven to 425° F.

**2½ C. whole wheat flour
1 tsp. honey
1 T. instant dry yeast
1 T. kefir grains (optional)
1 C. room temp. kefir**

Mix together flour, and yeast. Add kefir and honey and mix to a soft dough. Cover and let rest 5 minutes. Oil hands and pat dough into pizza pan. Bake 15-20 minutes in oven, until golden brown. Let cool while cutting veggies.

**1 C. kefir cream cheese
1 Tbsp. olive oil
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. onion powder
¼ tsp. garlic powder
½ tsp. parsley flakes**

Mix olive oil, oregano, parsley, garlic and basil into Kefir cream cheese well, then spread on baked pizza crust.

**1 C. broccoli florets
1 bell pepper, cut up
½ C. shredded carrot
1 C. cut up mushrooms**

Add veggie toppings. Slice and Serve.

