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HEALTH &  
PERFORMANCE  
CENTER

**FLATBREAD PIZZA** - with hummus, green olives, cherry tomatoes, and za'atar from "Raw Food Real World" by Mathew Kenney & Sarma Melngailis.

Serves 4-6

**FOR THE CRUSTS:**

5 cups walnuts, soaked 1 hour or more  
5 cups cubed yellow squash or zucchini  
¾ cup golden flaxseed, finely ground (1 cup ground)  
½ cup hemp seeds  
¼ - ½ cup filtered water  
1 tbsp sea salt

1.) Pulse the walnuts in a food processor to chop into tiny pieces (like couscous), but not completely smooth. Transfer the nuts to a large bowl. Add the squash to the same food processor bowl and grind into tiny pieces, but again not completely smooth. Transfer the squash to the bowl with the walnuts. Add the flaxseed, hemp seeds, salt, and about 1/4 cup of water, stirring to combine. Add more water until a sticky dough forms – like wet muffin batter. You may need more or less water.

2.) Divide the batter between four 14-inch Teflex lined dehydrator trays. (**If you don't have a dehydrator skip to #5**). Using an offset spatula, spread the dough to the edges of the trays. The dough can be a bit gummy and sticky, so it helps to dip the spatula in water as you spread the dough (the excess water will all evaporate in the dehydrator).

3.) Dehydrate the flatbread at 115 degrees F for 6-8 hours, or overnight. When the tops are dry, flip them over and peel away the teflex liners. Dehydrate on screens for another 2-4 hours.

4.) Once both sides are dry, slide the flatbread onto a large cutting board. With a large chef knife, cut into 3 by 5-inch rectangles or whatever size and shape you want). Place them back on the dehydrator trays and dehydrate another hour or more, as necessary for firm crusts.

5.) OVEN – Spread dough out on two large, well greased, cookie sheets. Be sure to spread the dough as evenly as possible (it helps to use your fingers if needed). Bake at 350 degrees F for about 50 minutes. Once the top is dry and fairly firm, gently cut the crust into 3 by 5-inch pieces with your spatula. Flip the crusts and bake for another 10-20 minutes until the crust is firm, but not crispy. You will need to keep checking it until it reaches your desired texture.

### **FOR THE HUMMUS:**

4 cups cashews, soaked for 2 hours or more  
½ cup lemon juice  
2 small cloves of garlic  
¼ cup sesame tahini  
1 tsp sea salt  
1 cup filtered water

1.) In a food processor, add the nuts, lemon juice, garlic, tahini, and salt and process, adding water ¼ cup at a time until you get the smooth, fluffy consistency of hummus. You may need to add more water, or you may want to add olive oil for a richer hummus – just make sure it has enough stiffness so it will hold the toppings on the pizza without running off the sides of the crust.

### **TOPPINGS:**

1 pint cherry, teardrop, or grape tomatoes, halved  
¼ of a large bulb of fennel shaved very thin on a mandolin  
½ English cucumber, peeled, seeded and finely diced  
½ cup green olive tapenade (optional)  
½ cup green olives, pitted and halved  
2 tbsp za'atar seasoning  
fennel fronds for garnish

1.) Spread each crust with hummus and top with tomatoes, fennel, cucumber, olive tapenade, and olives. Sprinkle with the za'atar and top with fennel fronds.

