

The Best Gluten Free Pizza Crust + Sauce

A 7-ingredient gluten free pizza crust that requires 1 hour from start to finish and rivals any pizzeria style pizza crust.

Author: Minimalist Baker

Recipe type: Bread

Cuisine: Gluten Free Pizza

Serves: 1.5 pizzas

- 3 cups (440 g) gluten free flour blend (1 cup (160 g) white rice flour + 1 cup (160 g) brown rice flour + 1 cup (120 g) tapioca flour + 3/4 tsp xanthan gum)
- 1 tsp salt
- 1/2 tsp baking powder
- 3 Tbsp (37 g) sugar, divided
- 1 Tbsp (10 g) yeast
- 1 1/4 cup (300 ml) warm water, divided
- 1 Tbsp (15 ml) olive oil

Instructions

1. Preheat oven to 350 degrees F (176 C).
2. In a small bowl, combine yeast and 3/4 cup (180 ml) warm water - about 110 degrees F (43 C). Too hot and it will kill the yeast! Let set for 5 minutes to activate. Sprinkle in 1 Tbsp (12 g) of the sugar a few minutes in.
3. In a separate bowl, combine gluten free flour blend, salt, baking powder and remaining 2 Tbsp (25 g) sugar. Whisk until well combined.
4. Make a well in the dry mixture and add the yeast mixture. Add the olive oil and additional 1/2 cup (120 ml) warm water before stirring. Then stir it all together until well combined, using a wooden spoon (see photo).
5. Lightly coat a baking sheet or pizza stone with non-stick spray and plop your dough down. Using your hands and a little brown rice flour if it gets too sticky, work from the middle and push to spread/flatten the dough out to the edge (see pictures). You want it to be pretty thin - less than 1/4 inch. Brush the whole crust with a little olive oil.
6. Put the pizza in the oven to pre-bake for roughly 10-15 minutes, or until it begins to look dry. Cracks may appear, but that's normal and totally OK. Olive oil will hopefully limit this.
7. Remove from oven and spread generously with your favorite pizza sauce, cheese and desired toppings. We went with Daiya to keep ours dairy-free. Pop back in oven for another 10 -15 minutes, or until the crust edge looks golden brown and the toppings are warm and bubbly.
8. Cut immediately and serve. Reheats well the next day in the oven or microwave.

Notes

- * Nutrition information is a rough estimate for 1 slice without toppings.
- * Recipe yields 1.5 crusts, enough for 2 small-medium pizzas, or 1 large and 1 personal pan.
- * The gluten free flour blend is a suggestion, but a strong one. However, try your own blend if you prefer, or sub all purpose if not gluten free.
- * You can make this recipe ahead of time, up to 1-2 days in advance stored covered in the refrigerator until time of use. However, it is best when made fresh.
- * If the dough is finicky or sticky when spreading out, simply sprinkle on a little more brown rice flour to keep it from sticking.
- * Recipe by my dear friend, [Laura](#) (and Laura's mom).
- * **Laura's favorite sauce** is 1 small can of tomato paste, 1/2 cup water and equal pinches salt, pepper, dried basil, oregano, thyme and garlic powder.

Nutrition Information

Serving size: 1 slice Calories: 104 Fat: 1 g Carbohydrates: 21 g Sugar: 3 g Sodium: 194 mg Fiber: 1 g Protein: 1 g

