



Oven-baked Almond Flour Pizza with Chimichurri, Arugula, Provolone & Prosciutto

This homemade gluten-free pizza using almond flour and low lactose provolone has everything you need to feel nourished and satisfied on a fall day. If you aren't a fan of prosciutto, try swapping it out for roasted chicken thigh!

Cooking level: **Intermediate**

Contains: eggs, milk, tree nuts

Servings:
8 slices

Prep time:
20 minutes

Cook time:
20 minutes

Total time:
40 minutes



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What you'll need

- Baking sheet
- Aluminum foil or parchment paper
- Blender or food processor
- Rolling pin
- Small mixing bowl

Ingredients

Almond flour crust

- 2 cups preferred almond flour*
- 2 large eggs
- ¼ tsp. sea salt
- ½ tsp. garlic powder
- ½ tsp. Italian seasoning/Italian mixed herbs
- 2 tbsp. extra virgin olive oil

Chimichurri sauce

- ¾ cup finely chopped parsley with stems removed
- ¼ tsp. smoked paprika
- ¼ tsp. red pepper flakes*
- 1 tsp. onion powder
- ½ tsp. garlic powder
- 2 tbsp. white wine vinegar
- ½ tsp. sea salt
- ¼ tsp. oregano
- ⅓ cup extra virgin olive oil

Toppings

- 3 cups arugula
- 6 slices provolone cheese or a nondairy alternative
- 8 slices prosciutto†

*Important note: Nuts and spicy foods may be triggering during flare-ups.

†Red meat should be consumed in moderation due to increased risk of inflammation.

Cooking steps

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper or aluminum foil.
- 2 For the almond flour crust, combine all ingredients in a blender or food processor, and blend until well incorporated and a stiff dough comes together.
- 3 Roll the dough out on a well-floured surface with a floured rolling pin.
- 4 Once the dough is about ¼" thick, place it on the parchment paper-lined baking sheet. Use a fork to press several indents into the crust to allow airflow.
- 5 Place the dough in the oven for 15 minutes.
- 6 While the almond flour crust is baking, begin preparing the chimichurri sauce by combining all ingredients in a small bowl and whisking together. Once well-incorporated, let the sauce rest for 10 minutes.
- 7 After 15 minutes, take the almond flour pizza crust out of the oven. Place the **6 slices of provolone** evenly over the center of the crust. Return the baking sheet to the oven and broil on high for around 3 minutes, or until the provolone cheese is beginning to brown and bubble.
- 8 Once the crust is removed from the oven a second time, begin adding toppings. Start with a layer of chimichurri sauce. Add the **3 cups of arugula**, and then drizzle another layer of chimichurri sauce on top. Finish with the **8 slices of prosciutto**, serve, and enjoy!

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.



Nutritional info

Oven-baked Almond Flour Pizza with Chimichurri, Arugula, Provolone & Prosciutto (1 slice)

Calories **333**

Total fat **30 g**

Saturated fat **6 g**

Cholesterol **59 mg**

Sodium **373 mg**

Carbohydrate **8 g**

Fiber **3 g**

Sugar **1 g**

Protein **12 g**