

Step By Step Recipes Of Plant Based Pizza Detox Lose Weight Be Healthy Plant

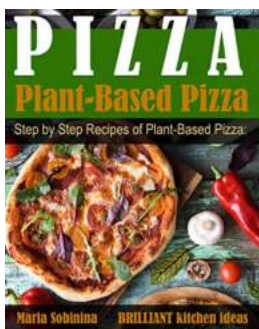
Are you tired of eating the same old unhealthy pizza every week? Are you looking for a way to detox and lose weight while still enjoying delicious food? Look no further! In this article, we will provide you with step-by-step recipes of plant-based pizza that will not only satisfy your taste buds, but also help you on your journey to a healthier lifestyle.

Why Choose Plant-Based Pizza?

Plant-based diets have gained popularity in recent years due to their numerous health benefits. They are rich in essential nutrients, high in fiber, and low in saturated fats. By replacing traditional pizza ingredients with plant-based alternatives, you can still enjoy the taste and satisfaction of a pizza while cutting down on unhealthy components.

Step 1: Prepare the Plant-Based Pizza Dough

The foundation of any good pizza is the dough. To make a plant-based pizza crust, you will need:



Plant-Based Pizza: Step by Step Recipes of Plant-Based Pizza. Detox, Lose Weight & Be Healthy. (Plant Based Cookbook Book 1)

by Maria Sobinina (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 4582 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Lending : Enabled
Screen Reader : Supported
Print length : 103 pages



- 2 cups of whole wheat flour
- 1 tablespoon of active dry yeast
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1 cup of warm water

Instructions:

1. In a large bowl, combine the yeast, sugar, and warm water. Let it sit for 5 minutes or until it becomes foamy.
2. Add the flour and salt to the bowl and mix until a dough forms.
3. Knead the dough on a floured surface for about 5-10 minutes until it becomes smooth and elastic.
4. Place the dough in a greased bowl, cover it with a damp cloth, and let it rise for about an hour.

Step 2: Prepare the Plant-Based Pizza Sauce

To add flavor to your plant-based pizza, you will need to prepare a delicious sauce. Here's a simple recipe:

- 2 cups of fresh tomatoes

- 1 tablespoon of tomato paste
- 2 cloves of garlic
- 1 teaspoon of dried oregano
- 1 teaspoon of dried basil
- Salt and pepper to taste

Instructions:

1. In a food processor, blend the fresh tomatoes and garlic until smooth.
2. In a saucepan, heat the tomato mixture over medium heat.
3. Add the tomato paste, dried herbs, salt, and pepper. Stir well.
4. Simmer the sauce for about 15-20 minutes, stirring occasionally.
5. Remove from heat and let it cool.

Step 3: Choose Your Toppings

Now comes the fun part - choosing your toppings! With plant-based pizza, the possibilities are endless. Here are some ideas for healthier alternatives:

- Sliced vegetables such as bell peppers, mushrooms, onions, and tomatoes
- Fresh herbs like basil, cilantro, or parsley
- Plant-based cheese alternatives made from nuts or soy
- Lentils or tofu for added protein

Step 4: Assemble and Bake

Once all the components are ready, it's time to assemble and bake your plant-based pizza.

1. Preheat your oven to 425°F (220°C).
2. Roll out the dough on a floured surface into your desired pizza shape and thickness.
3. Transfer the rolled-out dough to a baking sheet lined with parchment paper.
4. Spread the tomato sauce evenly over the dough.
5. Add your chosen toppings.
6. Bake the pizza for about 15-20 minutes or until the crust is golden and crispy.

Step 5: Be Creative and Enjoy!

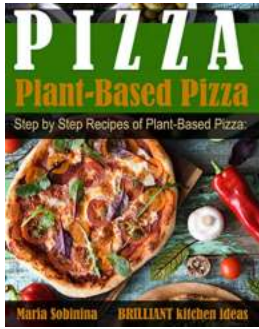
Now that your plant-based pizza is ready, it's time to get creative and enjoy the delicious flavors. Feel free to experiment with different toppings, herbs, and plant-based cheese alternatives to find your favorite combinations.

By opting for a plant-based pizza, you are choosing a healthier alternative that can aid in detoxification and weight loss. So, go ahead and indulge guilt-free!

Remember, a healthy lifestyle starts with the food choices we make. By incorporating more plant-based meals into our diet, we can reap the benefits of improved health and well-being. Enjoy your plant-based pizza and take a step towards a healthier you!

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Pizza: plant-based pizza. Plant-based food is good for your health. Would you like to impress your loved ones with tasty and healthy dishes? This Plant-Based Pizza Cookbook is for you. With Maria's step-by-step instructions it is easy to make any dish a success. Surprise your guests and loved ones with your creations.

Plant-based vegan pizza recipes in myriads of flavors and colors. Plant-based pizza is prepared with vegetables and herbs. You can also add seeds and nuts to pack more calories and make this as a meal. With Maria's step-by-step instructions it is easy to make any dish a success.

Plant Based Pizza dishes come in many flavors. Unleash your creativity with easy step by step guided recipes! Get your cookbook copy today.

With help of this cookbook you will be able to make the following recipes:

Pesto Pizza

Vegan Veggie Pizza

Mushroom Pizza

Mediterranean Hummus Pizza

Cauliflower Pizza
Cauliflower Crust Mushroom Pizza
Sweet Potato Crust Almond Pizza
Eggplant Crust Mediterranean Hummus Pizza
Chickpeas Crust Veggie Pizza
Red Lentil Pesto Pizza
Carrot Crust Veggie Pizza
Green Peas Basil Pesto Pizza
Green Lentils Artichoke Pesto Pizza
Cauliflower Crust
Sweet Potato Crust
Red Lentils Crust
Green Lentils Crust
Eggplant Crust
Baked Eggplant Crust
Carrot Crust
Chickpeas Crust
Green Peas Crust
Rejuvelac
Cashew Cheese (Cultured)
Cashew Cheese
Plant-Based Sour Cream
Almond Butter

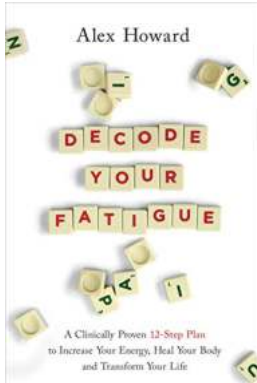
What my readers have to say:

“This is the best thing I ever have done for my health. I am 16 pounds down and I feel amazing.”



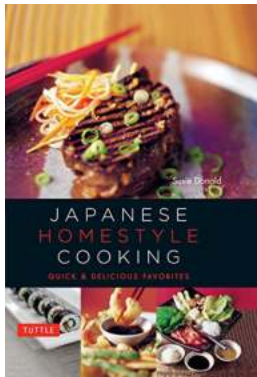
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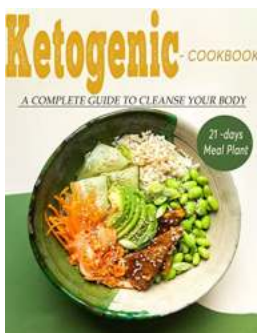
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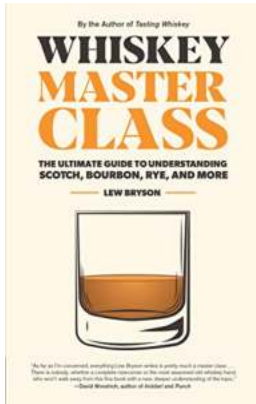
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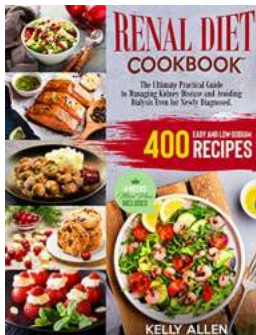
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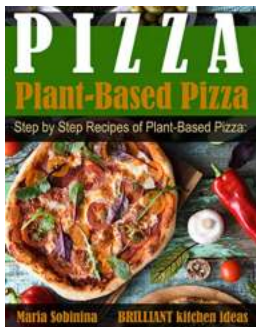
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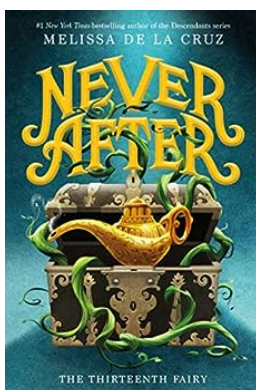
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