

Gluten-Free Breakfast Pizza

Ingredients:

1 cup gluten-free flour (can use wheat flour if desired)
1 ½ teaspoon baking powder
½ teaspoon kosher salt
1 cup non-fat, plain Greek yogurt (drain any liquid)
1 cup baby spinach
8-10 cherry tomatoes, cut in small pieces
2 ounces (1/2 cup) shredded mozzarella cheese
4 large eggs
4 strips cooked turkey bacon, chopped

Directions:

Preheat oven to 450° F. Place parchment paper on a large baking sheet and spray with oil. Combine flour, baking powder and salt. Whisk together. Add the yogurt and mix with a fork until well-combined (it should look like small crumbles). Lightly dust a work surface (can use parchment paper) with additional flour and turn dough onto surface. Knead the dough a few times until the dough no longer sticks to your hands, about 20 turns. Divide into 4 equal balls.

Place dough balls on the baking sheet and pat into thin circles, about 6-7 inches in diameter.

Top with spinach, turkey bacon, mozzarella and tomatoes. Gently break an egg in the center of each pizza. Bake 10-15 minutes, until the crust starts to brown and the egg is set.

Makes 4 pizzas

NOTE: other toppings that can be used include cooked ham, turkey sausage, roasted red bell pepper, fresh basil, mushrooms, or use your imagination!

Nutrition Info: (for one pizza)

Calories: 328

Fat: 10 grams

Saturated Fat: 3 grams

Carbohydrate: 37 grams

Fiber: 1 gram

Protein 20 grams

Sodium: 780 mg.

Exchanges: 2 lean meat, 2 starches, 1 vegetable, 1 fat