



CHLOË BOWLER
complete wellbeing

ARTICHOKE & PARMA HAM PIZZA



Ingredients

- 100g gluten free flour
- 1 tbsp Olive oil
- 3g quick action yeast
- 2 tbsp Tomato paste
- 50g Mozzarella
- 3 slices Parma ham
- 3 Artichoke hearts
- Basil

Instructions

1. Mix the flour, dash of olive oil, yeast with salt and pepper.
2. Add some warm water to create dough that binds together, then work it on a floury surface.
3. Flatten to a thin pizza shape on an oiled baking tray and rest for 10 minutes.
4. Spread tomato paste evenly onto the base, and add toppings as required. Add the basil and season with pepper.
5. Pop in the oven at 200° for about 10-15 minutes until it is crispy and golden.

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