

# Beans, Rice And Everything Nice

## Quinoa-Lentil Pizza Crust



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Crust

Makes 1 25-30 cm (10-12 inch) crust

1/2 cup quinoa

1/2 cup red lentils

2 cups water divided

1. Sort the lentils. Using a fine mesh strainer, wash the lentils together with the quinoa until the water is clear. Add to a medium bowl and soak in 1-1/2 cups of water for 1-4 hours (or longer). After 4 hours, preheat the oven to 205C (400F) and line a baking sheet with parchment paper, set aside.

2. Drain and rinse the lentils and quinoa. Add to a food processor or blender along with the remaining 1/2 cup water. Process until it forms a thin coarse batter. Stop and scrape down the sides as needed.
3. Pour the mixture onto the parchment-lined baking sheet. Spread out to form a round pizza shape about 25-30 cm (about 10-12 ins) wide. Bake in the oven for 15 minutes. Remove from the oven and carefully peel the crust off the parchment paper. Flip the crust over, replace it onto the parchment paper on the baking sheet, and bake for another 10 minutes.

