



Fabulous Pizza

1 ½ tsp. active dry yeast
150 gm Loprofin Mix 200 gm wheat starch
1/3 cup (53 gm) Metamucil
1 Tbsp. baking powder
½ tsp. salt
2 Tbsp. sugar
1 ¼ cup water
½ cup non-dairy creamer
2 Tbsp. vegetable oil

Sauce and Toppings

Spread ½ cup Ragu Pizza Quick Sauce on each 12-inch pizza crust.
Use ½ cup (35 gm) sliced mushrooms, ½ cup (70 gm) green peppers, and 11 small (37 gm) black olives for each pizza.

Toppings: 59 mg phe per pizza

Mix dry ingredients together. Mix water, non-dairy creamer, and oil. Heat to 110° F (by microwaving for 1 minute on high). Add liquids to dry ingredients and let dough sit for 10 minutes in warm (not hot) oven. Remove from oven and knead slightly. Press to form three 12-inch pizza shells. Bake for 7 minutes at 400° F. Remove crust, add sauce and toppings; then bake for 7 more-minutes.

12 inch pizza = 112 mg phe

1/8 of pizza = 14 mg phe

1/10 of pizza = 11 mg phe



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>