



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:Oatmeal Crusted
Pizza

- 2 Cups *Oat Flour
- 1 Tsp Baking Powder
- 1/4 Tsp Sea Salt
- 2 Tsp Italian Seasoning
- 1 Tsp Garlic Powder
- Pinch of Red Pepper Flakes
- 1 Large Egg
- 2 Large Egg Whites
- 2 TB Honey
- 2 TB Water
- 2 TB Extra Virgin Olive Oil
- Your Favorite Toppings

Step One Preheat oven to 400F. Combine oat flour, baking powder, salt, Italian seasoning, garlic powder and red pepper flakes in a large bowl. Mix in eggs, whites, honey, water and olive oil until a sticky dough forms.

Step Two Pat the dough out on a sheet pan. Use water on your hands if it is too sticky. To assemble the pizza, spread the dough lightly with your favorite sauce, or simply sprin-



kle with cheese and add your favorite toppings. Transfer the pizza to oven and cook for about 15 minutes depending on your toppings. More toppings = more time.

2 Kitchen Scoop

*Did you know that you could use oats as a flour substitute when gluten free baking? Just use your blender or food processor to buzz them into a fine powder, the same texture as wheat flour. Oat Flour is not one for one with All Purpose

flour, but a super substitute when using a gluten free recipe. Love a crunchy crust? Whiz the oats in the food processor. Like a smoother crust? Use a high speed blender.

3 Clever Idea

Compared to a "regular" pizza this oatmeal-crust pizza is a nutritional powerhouse. Plus it tastes great! In just one-third cup, whole-grain oat flour has 7 grams of protein and 4 grams of fiber. In addition, oat flour offers a little more iron and calcium than even whole wheat flour - refined wheat flour has only trace amounts of minerals.

4 Cheers!

Banfi Chianti Classico
Tuscany Italy
About \$14

A pizza like this one deserves a rustic red like Chianti. Made primarily from the Sangiovese grape, this wine comes from the Classico zone, the historic heart of Chianti production. It offers bright cherry and plum flavor along with notes of leather and vanilla, all in an easy-to-find and easy-to-enjoy bottle.