

Foodnity Recipes

Quinoa Chickpea Pizza – High Protein Plant Based

20 min Prep time	**20 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Crust

- [ ] 1 cup cooked quinoa
- [ ] 1 cup canned chickpeas, drained and mashed
- [ ] 1/4 cup almond flour
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp maple syrup
- [ ] 1/2 tsp salt

Toppings

- [ ] 1/2 cup marinara sauce
- [ ] 1 cup dairy-free mozzarella cheese, shredded
- [ ] 1/2 cup sliced bell peppers
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/4 cup black olives, halved
- [ ] Fresh basil leaves for garnish

Instructions

1. Preheat the oven to 425°F (220°C) and place a baking stone or sheet on the middle rack.
2. In a bowl, combine cooked quinoa, mashed chickpeas, almond flour, olive oil, lemon juice, maple syrup, and salt. Mix until a sticky dough forms.
3. Press the dough onto a parchment-lined sheet, shaping it into a 12-inch circle about ¼-inch thick. Bake for 12-15 minutes until lightly golden.
4. Remove the crust, spread marinara sauce, sprinkle dairy-free mozzarella, and arrange bell peppers, red onion, and olives on top.
5. Return the pizza to the oven and bake another 8-10 minutes, until the cheese melts and the edges crisp.
6. Let the pizza rest for 2 minutes, garnish with fresh basil, slice, and serve hot.

Nutrition per serving

380 kcal	18 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the crust feels too wet, add a tablespoon more almond flour.
- For extra crunch, brush the crust edges with a little olive oil before the first bake.
- Feel free to swap veggies based on what’s in season.