

Charcoal Pizza

A detoxifying charcoal pizza with a delicious and healthy middle eastern twist!

What you need:

For the charcoal pizza base:

1. 3/4 cup all-purpose flour
2. 2 tbsp Epigamia natural Greek yogurt
3. 1 tsp baking powder
4. 1 tsp activated charcoal
5. 1/4 tsp salt
6. 2 tsp oil

For the sesame yogurt sauce:

1. 1/2 cup sesame seeds
2. 2-3 garlic cloves
3. 1 green chilli
4. 2 tbsp extra virgin olive oil
5. 3/4 cup Epigamia natural Greek yogurt
6. 1 tbsp lemon juice
7. 3/4 tsp sea salt (or to taste)

For the topping:

1. 1/4 cup pumpkin
2. 1/4 cup beetroot
3. 1/4 cup onion
4. 1/4 cup arugula
5. 1 tsp extra virgin olive oil
6. Salt - to taste
7. 1 tsp pumpkin seeds
8. 1 tsp sunflower seeds

How to:

For the charcoal pizza base:

1. Sift the flour, baking powder, activated charcoal and salt in a mixing bowl.
2. Add the Epigamia Greek yogurt and 1 tsp of oil and combine to form a soft dough. If needed, add a little sprinkle of water.
3. Knead for five minutes.
4. Seal the dough with the balance 1 tsp of oil and rest for at least 30 minutes, covered.
5. Roll out the rested dough on a prepared baking sheet and bake at 250 degrees for about 7 minutes.

For the sesame yogurt sauce:

1. Combine all the ingredients for the sesame yogurt sauce in a small blender and process until smooth and creamy.

2. Set aside in the refrigerator for at least one hour for the flavours to develop.

For the topping:

1. Preheat the oven to 220 degrees.
2. Wash, peel and cut the pumpkin, beetroot and onion in to chunky pieces.
3. Toss with a little olive oil and season with sea salt.
4. Roast, uncovered in the oven for about 15 minutes or until tender.
5. Wash the arugula thoroughly and leave to drain and dry. Once dry, smear some olive oil over the leaves.
6. Lightly dry-roast the seeds in an oven at 180 degrees for about five minutes.

For the assembly:

1. To prepare the pizza, smear a generous layer of the sesame yogurt sauce over the charcoal pizza base.
2. Top with the oven roasted veggies, arugula, roasted seeds and a drizzle of extra virgin olive oil.

Remember to share it with someone you love.