

Long Livo

Gluten-Free Sourdough Pizza Crust – Crispy and Easy

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup sourdough discard (240 mL)
- [ ] 1 cup gluten-free all-purpose flour blend (125 g)
- [ ] 1 cup warm water (240 mL)
- [ ] 2 tbsp extra-virgin olive oil (30 mL)
- [ ] 1 tsp salt (5 g)
- [ ] 1 tsp sugar (4 g)
- [ ] 1 tsp instant dry yeast (4 g)

Instructions

1. First things first, let's get that oven heating up to 475 °F (246 °C). Now, if you have a pizza stone, slide it in there and let it get nice and hot for at least 20 minutes. It makes such a difference, honestly.
2. In a small bowl, gently stir together your warm water, sugar, olive oil, and instant dry yeast. Just let it sit for 2-3 minutes. You're looking for it to become slightly foamy-that's how you know the yeast is waking up.
3. Grab a larger bowl and pour in your sourdough discard. Go ahead and add the gluten-free all-purpose flour blend and the salt. Just a simple mix for now.
4. Make a little well in the center of those dry ingredients and pour in your foamy yeast mixture. Use a whisk to stir it all together until a rough dough forms. Well, look, it will be sticky, but that's okay-it's still manageable.
5. Cover your bowl with a damp towel or some plastic wrap. Let the dough just relax at room temperature for about 15 minutes. The sourdough discard gives it a lovely, gentle rise while you take a breather.
6. Divide your dough into four equal portions. Right on your parchment paper, shape each one into a flat circle using your hands or a rolling pin. Just be careful to keep the edges a bit thicker so they don't crack on you.
7. Carefully move your parchment-cooked crusts onto that preheated pizza stone or a baking sheet. Bake them for 12-15 minutes. You'll know they're done when the edges are a beautiful golden-brown and the crust feels firm.

8 Take them out of the oven and let them cool for 5 minutes. Now comes the fun part-add your favorite sauce, cheese, and toppings. Pop them back in for another 3-5 minutes just to get that cheese melted and bubbly.

Nutrition per serving

140 kcal	4 g	22 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sourdough discard provides a lovely tang and a bit of lift without needing a long ferment.
- Using parchment paper is a lifesaver with gluten-free dough since it can be so sticky.
- A preheated pizza stone really helps achieve that professional, crispy bottom.