

Homemade Pizza

Pizza Dough - package

Cooking Spray

Tomato Sauce with no salt – 8 oz.

Mrs. Dash Italian medley

Ground Flax Seed

Sugar or Real Maple Syrup – 1 tsp

Mozzarella Cheese – finely shredded

Optional Toppings



1. If pizza dough is frozen, leave on counter to warm up (1+ hours)
2. Preheat grill to 450 degrees.
3. Divide the dough into 2 pieces. Use some flour to make it easier to work with.
4. Spray two pizza stones (or cookie sheets) with cooking spray. Lay the dough out on the pans. It is constantly moving/shrinking. Mix the sauce with the spices, flax seed and sweetener; spoon onto the dough. Cover the sauce with the cheese. Add your favorite toppings
5. Grill at 450 degrees until done to your liking.
6. Move pizza to a cutting board and let it cool for a few minutes before cutting.