

Ingredients:

- 1 cup zucchini, spiralized or julienned
- 1 cup carrot, spiralized or grated
- ¼ red onion, thinly sliced
- ½ cup chickpea flour (besan) (or all-purpose gluten-free flour)
- ½ cup water
- 2 tbsp nutritional yeast (for that cheesy flavor)
- ½ tsp garlic powder
- ½ tsp turmeric
- Salt & pepper, to taste
- 1 tbsp olive oil (for brushing)
- Fresh herbs (like dill or parsley), for garnish
- Optional: Vegan cheese shreds for topping



Instructions:

1. Preheat & Prep

Preheat your oven to 375°F (190°C). Lightly grease a pizza pan or line it with parchment paper.

2. Make the Batter

In a bowl, whisk chickpea flour, water, nutritional yeast, garlic powder, turmeric, salt, and pepper into a smooth, pourable batter.

3. Combine the Veggies

Add zucchini, carrot, and red onion into a large bowl. Pour the batter over the veggies and mix until everything is well coated.

4. Bake the Pizza

Transfer the mixture to your pan and spread evenly like a pizza base. Optionally sprinkle some vegan cheese on top. Bake for 25–30 minutes or until golden brown around the edges and firm in the center.

5. Slice & Serve

Let cool slightly, then slice and garnish with fresh herbs. Serve warm and enjoy!

Zucchini & Carrot Crustless Veggie Pizza (Vegan + Gluten-Free)

