Lupin Pizza Crust

**Servings: 1-2 Crusts Prep Time: 1 1/2 hours Cook Time: 17-20 minutes**

**1/2 cup + 1/8 cup (75g) Vital Wheat Gluten**

**1/3 cup (40g) Lupin Flour**

**1/4 cup (19g) Oat Fiber**

**2 tbsp Confectioner Swerve or sweetener of your choice (use the amount you prefer)**

**1/2 tsp Salt**

**1/4 tsp Xanthan Gum**

**1/2 cup (119g) Hot water (between 125 F - 130 F)**

**1/2 tbsp Instant or Quick Rise Yeast**

**1/2 tsp Honey (to activate the yeast)**

**1 tbsp (19g) Softened Butter**

**1 Room temperature eggs (lightly beaten)**

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**Special equipment:**

**Kitchen Aid Stand Mixer**

Begin by adding your dry ingredients together in a bowl: vital wheat gluten, oat fiber, lupin flour, salt, xanthan gum, and confectioner swerve. If you don't have confectioner swerve then use whatever sweetener you have and put it in a spice grinder, blending it to a fine powder. Using a whisk, incorporate all your dry ingredients together until well mixed. Set that bowl aside.

In your Kitchen Aid bowl add your water, yeast, and honey. With the paddle attachment, mix until well incorporated. Add softened butter and lightly beaten room temperature egg to yeast mixture. Whisk for 30 seconds. Now add the entire bowl of your dry ingredients. Still using the paddle attachment, mix until dough forms. Switch from the paddle attachment to the dough hook and on medium speed, knead for 7-8 mins.

After 7-8 eight minutes, you can split your dough in half to make two thin-crust or leave it whole for a regular crust. Place your dough on a cookie sheet lined with parchment paper, then lightly cover with Saran Wrap that has been sprayed with cooking oil. Let your dough rise in a warm kitchen, bread proofer, or microwave for 30 to 40 mins.

Once it has risen to about a third of its size, remove from tray and place on a lightly floured surface, using oat fiber. Roll your dough out to your desired size, then dock your dough using a dough docker or fork. Your dough is now ready to add sauce and toppings. Stick in a pizza oven set to 5ooF for 8-10 minutes or bake in a regular oven at 400F for 17-20 minutes.

**Side Note:** Cooking time may vary from one stove to the next.

**Nutritional Facts for the whole dough:** 562.2 Calories, 23.7g Fat, 11.3g Net Carbs, 80.5g Protein.

**Nutritional Facts for dough split into 2 crusts.** 1 Crust: 281.1 Calories, 11.8g Fat, 5.7g Net Carbs, 40.3g Protein.