



BBQ Chicken Flax Pizza

Crust:

$\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ cup whole wheat flour
 $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Meal**
1 envelope (8 g) quick rising yeast
 $\frac{1}{2}$ tsp salt
 $\frac{2}{3}$ cup very warm water
2 tsp. olive oil
2 tsp. maple syrup
Cooking spray

Toppings:

$\frac{1}{2}$ can (213 ml can) pizza sauce
2 tbs. bbq sauce
1 tsp. hot sauce
Shredded cheese
Sliced veggies (mushrooms, peppers, onions)
Grilled chicken strips (pre-cooked)
 $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**

In a medium bowl mix together the flours and the **Natunola® health's delight Shelled Flax Meal**. Add in the yeast and the salt and blend well. Make a well in the centre and pour in the warm water, olive oil and maple syrup. Stir mixture with a wooden spoon until it forms a ball. Place dough on a lightly floured table and knead for 2 minutes. Spray a medium bowl with cooking spray and place dough in the bowl. Cover well with plastic wrap and let rise in a warm place for about 20 minutes (dough should double in size). Place dough on a lightly floured table and, using a rolling pin, roll out to desired thickness. Spray pizza pan with cooking spray and flour lightly. Preheat oven to 425°F. Place pizza dough on prepared pan.

Mix together the pizza sauce with the bbq sauce and, if desired, hot sauce. Spread mixture over the dough. Top with grated cheese (mozzarella, cheddar, etc.) then your favourite toppings (olives, onions, sliced mushrooms, peppers, etc.). Add pre-cooked chicken strips (or other favourites such as pepperoni, bacon, sausage, etc). Sprinkle entire pizza with **Natunola® health's delight Shelled Flax Kernel**. Bake in preheated oven for 12 - 15 minutes, until cheese is completely melted. (If bottom of crust starts to burn, try moving to a higher rack and placing an empty baking sheet on the rack below). Once cooked, allow to set for a few minutes, then slice, serve and enjoy!



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