



# VEGAN ZUCCHINI PIZZA BITES (GLUTEN-FREE)

Raw (Alkalizing)

Who loves DIY pizza? My vegan zucchini pizza bites are extraordinary! Each slice is oozing with nutrient-rich herbs and all-pervading aromas.

This amazing creation is naturally gluten-free offering optimal nutrients for energizing the body.

Like most high alkaline vegetables, Zucchini is known to neutralize the pH of the body. Eating zucchini regularly may reduce high blood sugar, heal inflammation in the body, and aid in digestion. I am certain this dish will satisfy your hunger and reduce cravings.

**Healthy Tip:** Plant your own vegetable/fruit garden or source your seasonal produce at local farmer's markets, support local co-ops, or shop at health-conscious stores.

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## INGREDIENTS

- ◆ 2 large raw zucchini (sliced in 1/4" inch rounds)

### **Toppings:**

- ◆ Marinara sauce (spread)
- ◆ Minced garlic
- ◆ Vegan mozzarella cheese
- ◆ A handful of raw spinach
- ◆ Mushrooms (sliced)
- ◆ Onion (finely chopped)
- ◆ Heirloom tomatoes (sliced)
- ◆ Fresh cilantro (Garnish)
- ◆ Fresh basil (Garnish)



## METHOD

First, wash and pat dry all produce. Set aside. Preheat the oven to 350°F. While oven temperature is rising slice and dice produce.

Layout zucchini rounds first onto the cutting board. Scoop a tablespoon amount of marinara sauce and spread it evenly over each slice.

Next, top each round with the remaining ingredients. I like to top mine in this order using: minced garlic, cheese, spinach, mushrooms, onion, tomatoes, and garnish with fresh herbs.

Now it's time to bake. Line a baking sheet with parchment paper, place zucchini pizza bites onto the baking sheet with leaving 1" inch between.

Now, transfer the baking sheet into the oven for about 10 minutes or until cheese has melted all the way.

Remove from oven when ready. Enjoy!

Store leftovers in a sealed container in the fridge for up to 4 days.