



**BODYBUILDING.COM™**

## **Pizza Rustica**

### **Crust Ingredients:**

3/4 cup ground steel cut oats  
1 cup water  
1 tsp baking soda  
1 tbsp sugar substitute  
1 egg white

### **Toppings** (Can be modified to fit your dietary needs, but these are my favorite.):

1/4 cup fat free Ricotta cheese  
2 tbsp low fat mozzarella cheese  
4 oz. lean ground beef or turkey  
1/4 cup arugula  
2 slices Prosciutto  
1/4 cup marinara sauce

### **Directions For The Crust:**

1. Preheat oven to 400.
2. Bring 1 cup water to boil. Add the grounded steel cut oats and sugar substitute.
3. Reduce heat and cook for 10 minutes, or until the mixture thickens.
4. Remove from heat and allow to cool for 5 minutes.
5. Stir in the baking soda and egg white and flatten onto pre-sprayed pizza pan.
6. Bake for 10-12 minutes or until the crust is lightly browned.

### **Directions for the Pizza:**

1. Brown the ground beef/turkey in a pan over medium-high heat and set aside.
2. Mix the ricotta and marinara in a small bowl.
3. Top pizza crust with sauce and ricotta mixture, ground meat, arugula, prosciutto, mozzarella and bell peppers.
4. Return to oven for 10 minutes, or until cheese is melted.