

Vegan Pumpkin Pizza with Kale

Ingredients

For the Dough

- 2/3 cup warm water
- 1 tsp. instant yeast
- ½ tbsp. sugar
- 1 tbsp. olive oil
- ½ tsp. salt
- 1 ¾ cup all-purpose flour

For the Sauce

- ½ cup (60g) raw cashews
- 1 tbsp. nutritional yeast
- 2 tsp. white miso paste
- 2 tsp. apple cider vinegar

Other Ingredients

- 1 small pumpkin, about 1 lb. (you can also use half or a quarter of a larger pumpkin)
- Olive oil, as needed
- Salt and pepper, to taste
- 2 large kale leaves
- ¼ red onion
- 1 clove garlic
- ¼ tsp. cinnamon
- ¼ tsp. chili powder

Steps

1. Start by making the pizza crust. Combine the warm water, yeast and sugar in a large bowl and allow to sit for 5 minutes to activate. Add the salt, olive oil, and flour and mix until combined. Turn the dough out onto a lightly-floured surface and knead for a couple minutes until the dough feels smooth and even. Test that it's kneaded enough by poking it- if it slowly returns to its original shape, you're good. Lightly oil your bowl, place the dough in, and cover with a clean dish towel. Allow to rise for about an hour in a warm spot, until it's doubled in size.

2. While the dough is proofing, start on the other elements. Boil the cashews in water for 10-15 minutes to soften them, then drain. Add the cashews to a blender,



along with the other elements for the sauce and 2 tbsp. of water. Blend until smooth, scraping down the sides of the blender as needed.

3. Next prepare the pumpkin. Preheat the oven to 400°F (200°C), making sure to place your pizza stone in the oven if you are using one. Remove the pumpkin skin and discard, scoop out the seeds and set aside. Slice the pumpkin into ½-1-inch thick slices and place on an oiled baking sheet along with the pumpkin seeds. Season with salt and pepper, drizzle with a little oil, and roast for 15 minutes. After that, remove the seeds so they don't burn. Flip the pumpkin slices and roast for another 10-15 minutes.

4. Wash and finely chop the kale. Slice the garlic clove, and cut the onion into half-moons.

5. Once the dough has doubled in size, punch it down to release the air. Increase the oven temperature to 500°F (260°C). Stretch your dough out, and place either on to a pizza or baking sheet, or a pizza peel if using a pizza stone*. Start by evenly spreading your cashew sauce on the pizza. Next do a thick layer of kale. Thirdly, add the slices of pumpkin, onions, and garlic, along with the pumpkin seeds. Finally, sprinkle with cinnamon and chili powder, as well as a drizzle of olive oil, and some salt and pepper. Place in the oven and bake for around 10 minutes, until the crust is golden-brown.

* Note: After a good amount of experimentation and having a lot of pizzas fall apart when trying to get them in the oven, I highly recommend placing a sheet of parchment paper on your pizza peel. When you place the pizza on your pizza stone, slide the piece of parchment in as well. After 4-5 minutes in the oven, go in and remove the sheet of parchment paper and let it bake the remaining 5 or so minutes directly on the stone.