

From the Elite Athletic Development Test Kitchen

Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes



Paleo Pizza

Contributed by Coach Josh Rrrrr & Adapted by Coach Karen

Note From Coach Josh Rrrrr: While the crust is pretty durable, try and keep your slices a bit smaller, because it will bend/break if the pieces are too large.

Note from Coach Karen: Throughout the recipe I noted Josh's original version and my adaptations. This is a pretty forgiving recipe ... be creative!

2 cups almond meal

You can grind unsalted almonds in a food processor or spice grinder, or you can purchase Almond Meal at Trader Joe's in the nut aisle

2 eggs

3 tbsp olive oil

1.5 tsp chopped fresh rosemary

1 tsp garlic powder, or a couple cloves fresh pressed

Variety of veggie toppings

Variety of meat toppings

Preheat the oven to 350 degrees. Layout two pieces of parchment paper (one will serve as the top, the other the bottom). Add the chopped rosemary and garlic powder (or fresh garlic) to the almond meal and mix well. Add the eggs and olive oil and mix by hand until a wet / sticky dough forms.

Place the dough on one sheet of parchment paper, and cover with the second. Roll the dough to 1/4" or slightly thicker (thinner is a bit of a problem when it comes to slicing). Remove the top layer of parchment and bake the crust for 20 minutes, more or less (depending on your oven temp).

While the crust is baking, prep your toppings.

Josh's Selection: Green peppers, spinach, fresh basil, oregano and boiled chicken

Karen's Selection: Chicken breast marinated in garlic, extra virgin olive oil, Cavendar's Salt Free Greek Seasoning, the juice of 1/2 Meyer Lemon and then roasted & chopped to size; spinach; garlic; kalamata olives; onion

Pull the crust after the first 20 minutes or so, sauce & top.

Josh's Sauce: Gia Russo Sicilian Hot & Spicy Sauce

Karen's Sauce: 1 can tomato paste, a splash of water to thin to pizza sauce consistency, chopped red onion, fresh marjoram, fresh basil, pepper. Toss everything in a sauce pan and bring to temp.

Once the pizza is topped, put it back into the oven and cook for another 20-30 minutes.



www.eliteathletic.com • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004

Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005