

Cold Veggie Pizza

This cold veggie pizza uses a crescent roll crust topped with a simple yogurt or sour cream spread, fresh chopped vegetables, and shredded cheese for an easy, no-packet appetizer.

Ingredients

- 470 g wheat berries, soft
- 250 g water, cold
- 227 g butter
- 22 g sugar, granulated
- 6 g sea salt
- 3 g baking powder
- 12 g yeast
- 240 g sour cream (or yogurt (see notes))
- 100 g veggies, raw (see notes)
- 100 g cheese, assorted (see notes)
- 10 g herbs, fresh (see notes)

Directions

1. Mix the dough for several minutes in your mixer, by hand, or in a bread machine on the dough cycle.
2. Let the dough rest 30 - 45 minutes to better absorb the fat and liquids.
3. Separate the batch into 3 equal parts (310 grams, give or take).
4. Roll each ball into a 12 x 8" rectangle on floured parchment paper.
5. Roll one or two of the rectangles onto a baking sheet lined with parchment paper or greased.
6. Bake at 375 F for 7-15 minutes, or until the dough is 190 F.
7. Cool on a baking rack.
8. Mix sour cream with Italian herbs, sea salt and freshly cracked pepper to taste. Spread over crust.
9. Top with chopped veggies and shredded cheese of choice.
10. Cut into squares, serve fresh, or keep chilled until serving.

Notes

Creamy Topping (No Packets):

This recipe works well with **sour cream, plain Greek yogurt, or homemade Super Gut–style yogurt**.

Season to taste with **Italian seasoning, sea salt, and freshly cracked black pepper**.

Optional additions: a pinch of **garlic powder or onion powder**, or a small squeeze of **lemon juice** for brightness.

Veggie Toppings:

Use **finely chopped raw vegetables** so the pizza slices cleanly and every bite has a little crunch.

Good options include:

- Bell peppers
- Broccoli florets
- Cucumbers (seeded)

- Carrots (shredded or matchstick)
- Red onion
- Cherry tomatoes (seeded)
- Radishes
- Green onions
- Zucchini
- Baby spinach (finely chopped)

Avoid watery vegetables or large chunks, which can soften the crust.

Cheese Choices:

Shred your own if possible for best texture.

Good options:

- Cheddar
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone

Optional: a light sprinkle of **Parmesan or Pecorino** for extra flavor.

Herbs & Finishing:

Fresh herbs can be added just before serving:

- Parsley
- Basil
- Chives

A light drizzle of **extra-virgin olive oil** or a pinch of **crushed red pepper flakes** is optional.