

# Pizza for athletes!

## Treat yourself, especially now: food = fuel & food = mood

Did you think that elite athletes don't treat themselves every now and then? Ofcourse they do :) Amongst all the recipes that PNKL brings you, I can reveal here my best kept but oh so simpel secret: if you choose your ingredients well any "normally unhealthy" recipe can be transformed into a beneficial version to support your health, immune system, recovery and performance. So, you have all you need to take care of yourself and relax (during lockdown).

## How can pizza be beneficial for me?

The secret is in the ingredients that make it healthy aside from being a recipe for recovery. Ideal for any athlete and also for example after a long week of working from home.

- **Energy** = the pizza base brings complex carbohydrates and fiber, energy that is accessed easily but released slowly (no sugar spikes) and the fiber are probiotics for your oh so important gut bacteria.
- **Improving your agility, immune system, coordination etc.** = vegetables are key: antioxidants, fibre, vitamins, minerals that enrich your pizza.
- **You win in strength** = protein from the chicken, peas, tuna or tofu contain all the necessary amino acids to maintain muscle mass.



## Adapt it to your objective: energy needs, personal taste

Adapt it to your energy needs. Cut yourself a smaller piece if you have not done much (still hungry? Add a fresh salad on the side!) or grab a bigger slice if you have made an effort exercising at home. The flour in the base is key, you can try it with brown flour, spelt flour, or mixing it with rice and maize for gluten free options. Modify the base with a variant replacing half with grated cauliflower or mashed pumpkin. Be aware, don't just think about the 'bottom', because the key to lightening the recipe is not too add too much fatty cheese and meat. There are as many options as taste. Choose the ingredients that take your fancy amongst your favourite vegetables: aubergine, mushrooms, asparagus etc. if you want a tropical touch add pineapple and it will taste great.

## Ingredients for 2 large pizza's

### Crust

- 18 g yeast
- Pinch of salt
- 1 cup warm water
- 3 cup whole wheat spelt flour

### Sauce

- 250 g tomato sauce
- 1 clove of garlic
- 1 fresh tomato

### Topping

- 200 g turkey/chicken/tuna (canned-water)/tofu
- 1 onion
- 100g peas
- 100g mushrooms/zucchini/aubergine/asparagus
- 1 red pepper
- 100g 20+/30+ grated cheese of choice
- 2 handful of arugula
- Oregano (fresh/dried or other herbs you like)
- Pepper & salt to taste
- Drizzle of walnut oil

## Preparation

In a bowl dissolve salt and yeast in warm water. Add flour, stir. Cover with a cloth and set aside for 2-6 hours. Knead the pizza dough once in a while.

Preheat oven at 225 degrees C.

Take a sheet of baking paper. Dust your hands with flour and push the dough down so it deflates a bit. Divide the dough in half. Sprinkle some flour on the baking paper and roll out the crust.

Spoon on the tomato sauce and place your desired toppings on the pizza.

Bake for about 12 - 20 minutes (depending on your oven and how thick you made your topping).

Take the pizza out of the oven for the finishing touches: Add salt and. Pepper to taste. Brush dough sides with walnut oil. Add the herbs you like!