

Gluten-Free Zucchini Pizza Crust with Chia Seeds - Easy and Flavor-Packed

Looking to lighten up pizza night without sacrificing flavor or satisfaction? This



OVEN
400°F

TIME
15 min

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INGREDIENTS

2 cups grated zucchini (about 1 medium zucchini)
2 tablespoons chia seeds
5 tablespoons water
1/2 cup almond flour (or oat flour)
1/2 cup grated Parmesan cheese (optional, but adds great flavor)
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano

DIRECTIONS

1. Prep the Zucchini: Grate 2 cups of zucchini, then place in a clean towel or cheesecloth and squeeze out as much moisture as possible. You want it dry to avoid a soggy crust.
2. Make the Chia "Egg": In a small bowl, mix chia seeds with water and let sit for about 10-15 minutes until it forms a gel-like consistency.
3. Mix the Dough: In a large bowl, combine the zucchini, chia mixture, almond (or oat) flour, Parmesan, garlic powder, and oregano.
4. Mix until a sticky dough forms. If it feels too wet, add a tablespoon more flour.
5. Shape and Bake: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
6. Press the dough into a thin circle or rectangle (...-inch thick), shaping the edges to form a "crust."
7. Bake for 20-25 minutes, or until golden brown and edges are firm.
8. Add Toppings and Finish: Remove from oven, add your favorite toppings (sauce, cheese, veggies), and return to oven for another 5-10 minutes until toppings are bubbly and the crust is crisped to your liking.

SWAPS & NOTES

Almond Flour : For nut-free, use oat flour or even quinoa flour.

Parmesan-Free : Omit for dairy-free, or sub with nutritional yeast.

Chia Seeds : Flax seeds can work, but you may need to adjust water.

Zucchini Tip : Be sure to squeeze out the moisture-it's the key to a non-soggy crust.

TIPS FOR SUCCESS

Dry the zucchini well -this step can't be skipped.

Bake directly on parchment for even browning.

Use a pizza stone or hot pan for a crispier bottom.

Let the crust cool slightly before slicing to help it firm up.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/gluten-free-zucchini-pizza-crust-with-chia-seeds-easy-and-flavor-packed/>