



Makes 4 pizzas
Preparation Time: 1 hours 15 minutes
Cook Time: 1 hours 45 minutes

INGREDIENTS:

1½ cups unsweetened, unflavored plant-based milk, divided

2 teaspoons date paste

1¼ teaspoons active dry yeast

½ cup + 1 tablespoon unbleached all-purpose flour, divided

¾ cup + 2 tablespoons whole wheat flour

¼ teaspoon sea salt

1 15-oz. can cannellini beans, rinsed and drained

¼ cup nutritional yeast

1½ teaspoons miso paste

1 clove garlic, minced

1 tablespoon lemon juice

½ teaspoon ground dried oregano

⅛ teaspoon sea salt

Freshly ground black pepper, to taste

Olive oil cooking spray (optional, [learn more](#))

2 cups thinly sliced fresh mushrooms

½ of a 14-oz. can artichoke hearts, rinsed, drained, and chopped

1 roasted yellow bell pepper, cut into 1-inch pieces

¾ cup sliced cherry tomatoes

8 to 10 fresh basil leaves, torn

Air-Fryer Mini Pizzas with Alfredo Sauce

The air fryer bakes individual-size pizzas in half the time of the oven, making it a great option for after-school snacks or a meal for one or two people. It's smart to make partially baked ("par-baked") crusts to keep in the freezer, with a sheet of parchment or waxed paper between them, for quick pizza on demand. Another plus of par-baking is that it prevents the toppings from making the pizza soggy.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add 18 calories, 2 g total fat, and 1 g saturated fat per serving.

Oven variation: A small air fryer might only fit one pizza at a time, so plan accordingly. To save time, you can par-bake all four crusts in the oven (15 minutes at 450°F); dress them up with toppings and air-fry one or two pizzas in as few as 6 minutes. Or you can do the whole job in the oven: Par-bake for 15 minutes at 450°F, top pizza(s), then return topped pizza(s) to the oven for 20 more minutes at 450°F.

By Darshana Thacker Wendel

- 1 For dough, in a small saucepan heat ½ cup of the milk and the date paste over low until warm (105°F to 115°F), stirring to combine. Remove from heat. Sprinkle active dry yeast and the 1 tablespoon all-purpose flour over milk mixture. Cover; set aside in a warm place 30 minutes.
- 2 Meanwhile, in a large bowl stir together an additional ¼ cup all-purpose flour, the whole wheat flour, and the ¼ teaspoon salt. Stir milk mixture into flour mixture; knead to form a dough. If dough is sticky, add additional all-purpose flour 2 tablespoons at a time or until dough is pliable. Cover bowl with a cloth; let stand in warm place 1 hour to rise.
- 3 Preheat air fryer to 370°F for 10 minutes. Cut parchment paper into four 7-inch squares. Sprinkle a clean work surface with additional flour. Divide dough into four equal portions; form each portion into a ball. On floured surface roll one dough ball into a 7-inch circle. Poke circle several times with a fork.
- 4 Sprinkle flour over one piece of the parchment. Place dough circle on parchment. Lift parchment by edges and place in air fryer. Air-fry 8 minutes to partially bake crust. Repeat with the remaining dough.
- 5 Meanwhile, for sauce, in a blender combine the remaining 1 cup milk, the beans, nutritional yeast, miso paste, garlic, and ¼ cup water. Blend until smooth. Pour sauce into a large skillet. Stir in lemon juice, oregano, ⅛ teaspoon salt, and black pepper. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 10 minutes or until sauce thickens.
- 6 Spread ⅓ cup sauce over each partially baked crust. For oil-free: Top evenly with mushrooms, artichoke hearts, bell pepper, and

tomatoes. *(If using oil: Lightly coat mushrooms, artichoke hearts, bell pepper, and tomatoes with olive oil cooking spray and place on pizzas.)* Air-fry each pizza 6 to 8 minutes more or until vegetables begin to brown. Remove and sprinkle with basil. Serve immediately.