

## **Barbecue Jackfruit Pizza**

### *Ingredients:*

- 1 12 inch Pizza dough
- 1 (14 ounce) can jackfruit, drained
- 1 cup barbecue sauce (2/3 cup for jackfruit, 1/3 cup for pizza crust)
- 1 small red onion, thinly sliced
- ½ cup hemp seeds
- ½ cup water
- 1 clove garlic, minced
- 3 tsp. apple cider vinegar
- ½ tsp. salt
- 1/8 tsp. black pepper



### *Directions:*

1. Preheat oven to 425 degrees.
2. Knead dough until it is shaped how you like, put on a floured pan or pizza stone. Drizzle a small amount of oil on the dough, without putting it on the crust and allow to cook until it begins to brown.
3. Shred jackfruit using two forks. Stir in 2/3 cup barbecue sauce and mix well.
4. Spread barbecue jackfruit mixture onto pizza crust after taking it out of the oven. Arrange red onions on top of jackfruit in a single layer.
5. Bake pizza for 10 minutes.
6. While the pizza is baking, prepare the dressing by combining hemp seeds, water, garlic, apple cider vinegar, salt, and pepper in a blender. Blend for 30 seconds until the dressing is creamy and smooth.
7. Top pizza with dressing. Serve immediately and enjoy!