

Herb Crust



30 MIN

1 ¼ Cups

Easy

Ingredients

- 1 cup either Gluten-Free One Degree Sprouted Brown Rice Crisps, pre-crushed in a food processor by pulsing or if you're not gluten-free use organic panko.
- ¼ cup Frontier brand Herbs de Provence or Italian Seasoning
- 1 tablespoon garlic granules or powder
- 1 tablespoon onion powder or granules
- Sea salt to taste (approximately ½ teaspoon) *
- Freshly ground pepper to taste

* If you are following a low-sodium diet leave out the salt

Instructions

Want to make more to have on hand?

We often just grind up a whole box of brown rice cereal to have enough to keep on hand. One box yields about 3 cups crushed.

Proportions for a larger amount

- 1 box either Gluten-Free Crispy Brown Rice Cereal pulsed in a food processor to crush or 3 cups organic panko
- 3/4 cup Frontier Herbs brand de Provence or Italian Seasoning
- 3 tablespoons garlic granules or powder
- 3 tablespoons onion powder or granules
- Sea salt to taste (approximately 1 teaspoon) *
- Freshly ground pepper to taste

* If you are following a low-sodium diet leave out the salt