



"Hi, how are you? I suffer from celiac disease. I won't feed you what I can't eat. My food is clean; my food is different - your body will want more." **"eat our food. feel better"**  
- Brent Boeckx, Owner (I'm the one in blue)

# people food

## ehpizza crusto

**Just eat it.**  
**peoplefood.ca**  
Calgary, Canada

**Celiac Friendly, Casein Free, Vegan**



### Nutrition Facts

Increments based on 6 slices

**Amount** % Daily Value

Calories 169

Fat 3.9 g 1.8%

Saturated .6 g 0.2%  
+ Trans 0 g

Cholesterol 0 mg

Sodium 474 mg 20%

Carbohydrate 30.8 g 6.2%

Fibre 2 g 8%

Sugars 1.2 g

Protein 2.5 g

Vitamin A 0% Vitamin C 0%

Calcium 0.5% Iron 3.8%

### Valeur nutritive

par tranche basee sur 6 tranches

**Teneur** % valeur quotidienne

Calories 169

Lipides 3.9 g 1.8%

saturés 0.6 g 0.2%  
+ trans 0 g

Cholestérol 0 mg

Sodium 474 mg 20%

Glucides 30.8 g 6.2%

Fibres 2 g 8%

Sucres 1.2 g

Protéines 2.5 g

Vitamine A 0% Vitamine C 0%

Calcium 0.5% Fer 3.8%



**INGREDIENTS:** organic brown rice flour, tapioca starch, corn starch, kangen water, olive oil, yeast, cider vinegar, xanthan gum, organic cane sugar, salt and pepper.

**DIRECTIONS:** Keep frozen.

Add toppings to FROZEN crust. Bake FROZEN crust at 375° F for 10 to 12 minutes. For crispier crusts, broil for 2 minutes to finish the pizza.

**INGRÉDIENTS :** farine de riz brun biologique, amidon de manioc, féculé de maïs, eau kangen, huile d'olive, levure, vinaigre de cidre, gomme de xanthane, canne à sucre biologique, sel et poivre.

**DIRECTIVES :** Garder congelé. Ajouter des garnitures à la croûte CONGELÉE. Cuire la croûte CONGELÉE à 375 °F pendant 10 à 12 minutes. Pour une croûte plus ferme, faire brunir pendant 2 minutes pour finir la pizza.

"When I say suffer, I mean really suffer. I was tired of being sick from simply eating food. Obviously, I couldn't tolerate gluten, but my body was also rejecting preservatives, chemicals and fillers in processed foods. My choices were limited people. I just wanted to find real food, eat it and not get sick; having it taste good and be good for me, was a pipedream. Welcome to people food, my pipedream."

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