

BEST BEFORE



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**GLUTEN-FREE DOUGH BALLS**

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**EVERY PIZZA STORY  
BEGINS WITH A BASE**

Enjoy consistently great pizza with these restaurant-grade, gluten-free dough balls. Handling gluten-free dough takes practice, so follow these instructions for best results.

# TRADITIONAL PIZZA - AT HOME

## STORAGE INSTRUCTIONS

Store in freezer on delivery or defrost using method below.  
Once defrosted use within 3 days.  
For best results use dough before best before date.

## OUR METHOD

STEP 1

Remove dough balls from the freezer and take them out their bags. pace them out on a tray and cover with a damp towel or place in proving containers with a lid. Make sure each dough ball is spaced 3cm apart on a large tray.

### DEFROSTING OPTIONS:

**Optimal:** Place the tray in the fridge, allowing 12 hours to defrost. Then leave at room temperature [18-22 °C] for 2-3 hours.

**Short on time:** Defrost at room temperature [18-22 °C] for a minimum of 5-6 hours.

STEP 2

Once defrosted, place them on a tray with gluten-free flour and sprinkle gluten-free flour on all sides.

STEP 3

Fire up your Ooni pizza oven or home oven. If you're using an Ooni oven, you're ready to cook once the centre of the stone reaches 350 °C.

STEP 4

**Top tip:** Gluten-free dough is a little trickier to work with, so we recommend using a rolling pin to shape your pizza base—along with plenty of gluten-free flour. If you get a hole, simply pinch it back together.

Roll the dough from one side to the other, turning it with each roll to help the base stay circular. Keep rolling until you have a base around 12" in diameter. Make sure to flour your pizza peel to prevent the dough from sticking.

STEP 5

Add your toppings. **Pizza oven:** Launch pizza, turn every 20-30 seconds as it cooks. **Home oven:** Cook for 10-15 minutes, rotating halfway, until you have an even bake. **Top tip:** Gluten-free dough appears paler than regular dough once cooked—check the base to make sure it's fully baked.



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TYPICAL VALUES	PER 100g	PER BALL [250g]
Energy [kJ]	1103	2758
Energy [kcal]	262	655
Fat [g]	7.1	17.8
of which Saturates [g]	0.9	2.3
Total Carbohydrate [g]	44	110
of which Sugars [g]	0.9	2.3
Fibre [g]	2.5	6.3
Protein [g]	2.2	5.5
Salt [g]	1.2	3.0

### Dietary Information

Reference intake of an average adult  
[8400 kJ / 2000 kcal]

### CONTAINS

8 x 250g  
dough balls

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## INGREDIENTS

Rice starch, corn starch, water, sea water, potato starch, riceflour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fiber (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, whole flaxseed meal, salt, yeast, natural flavours, thickener: hydroxypropyl methylcellulose. Raising agents: gluconodeltalactone, sodium hydrogen carbonate.

## OONI INFORMATION

Ooni Limited, Ooni Park, 189 West Main St, Broxburn, Scotland,  
EH52 5LH, United Kingdom  
**Made in Italy.**

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