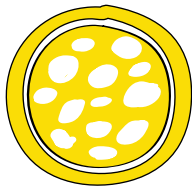
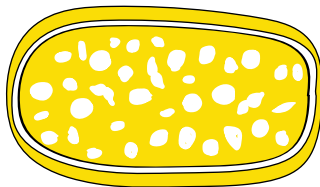


## What is Pinsa?

Pinsa is a style of hand-pressed pizza dough that has been a part of Roman artisan baking and cooking for over 100 years. The name pinsa is derived from the term "pinsere," which means "push the dough by hand" in Latin.



VS



## How is pinsa different from pizza and why is it healthier?

The dough is made from a combination of soy, rice and wheat flour which makes pinsa a much healthier alternative to traditional pizza. The dough production process differs from your usual pizza as it's fermented for up to 72 hours and baked at a lower temperature. Also, the simplicity and healthiness of the ingredients alongside the cold cooking method makes pinsa a lower calorie, low carb, and low-fat alternative to traditional pizza.