

Homemade Pizzas

Ingredients

4 x mini wholemeal pita breads
½ red onion
½ red or green capsicum
3 x tomatoes
½ small head broccoli
½ small head cauliflower
200g ham/turkey/chicken (or meat/protein of your choice)
½ cup (125ml) pizza sauce (tomato base)
150g reduced-fat mozzarella cheese, grated
Olive oil spray



Optional:

Black pepper, Italian herbs or chopped fresh basil/parsley, to garnish.

Instructions

1. Preheat oven to 180°C.
2. Prepare toppings - thinly slice onion, capsicum, broccoli, cauliflower, ham and any other chosen toppings.
3. Place baking paper onto oven trays and place pita breads on to baking paper.
Spread bases with pizza sauce. Add toppings.
1. Bake in the oven for 10-15 minutes or until base looks crispy and cheese is melted. Sprinkle with pepper and/or any extra garnishes you'd like.
2. Serve with a side salad (check out our salad recipes for ideas), and enjoy.