

Easy Pizzas

INGREDIENTS (makes 4 pizzas)

- 4 pittas or sandwich thins or wraps
- 4 teaspoons tomato puree
- 4 dessertspoons water
- 1 tomato tomato – quartered and sliced
- ¼ pepper – cut into dice pieces
- 2 mushrooms – halved and sliced
- 2 dessertspoons sweetcorn
- 60g mature cheddar **cheese** – grated



EQUIPMENT

chopping board, sharp knife, grater, dessertspoon, baking tray

METHOD

1. Prepare the vegetables and set aside.
2. In a small bowl, mix the tomato puree and water together. Then add 3 teaspoons of sauce onto each pizza base and spread over with the back of teaspoon.
3. Grate the cheese and sprinkle over the pizzas, and finally arrange the vegetables on top of the cheese.
4. Place the pizzas on a baking tray and bake in preheated oven (180°C/Gas4) for 8-10 minutes until the pitta is crisp and the cheese is melted.
5. Serve the pizza on its own for a healthy snack or with a side salad or homemade coleslaw.

HANDY HINT!

Any leftover pizzas can be cooled and refrigerated until the next day.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk

