

“With God’s help together, we aspire, achieve and believe.”

Lynn’s Healthy Pitta Pizza



Serves: this recipe makes 6 pitta pizza with left over sauce that could be put in the freezer or used in a pasta dish.

Approx. cost: £7.65

Ingredient:

For the sauce:

- 1 onion
- 3 carrots
- garlic – to your taste
- half a tub of mushrooms
- fresh tomatoes
- two tin chopped tomatoes
- 3 teaspoons tomato puree
- 1 teaspoons Italian herbs or to your taste

You will also need:

- pitta bread
- grated cheese
- fresh vegetables for toppings

Method:

1. Roughly chop all ingredients for the sauce, children can help with this under adult supervision.
2. Put the chopped vegetables into a pan along with your tinned tomatoes, tomato puree and Italian herbs – cook for 15 to 20 minutes on a medium heat.
3. Transfer the contents of the pan into a blender and blend until you have a thick sauce.
4. Using a spoon, cover your pitta bread with the sauce. Sprinkle a handful of cheese and finish with your pizza with fresh toppings.
5. Put into the oven at 200° - for 10 minutes.

*Please note that there are left over ingredients that you could use to make another health meal or repeat the above recipe.