



Vegetable pizza

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This pizza takes the hassle out of making a pizza from scratch and waiting for the base to rise.

Ingredients:

- 4 wholemeal pita pockets
- 100ml tomato paste
- 1 tin of pineapple pieces, drained
- 6 mushrooms, sliced
- ½ green capsicum
- 200g grated Edam cheese
- Salt and pepper to season
- Favourite herbs (optional)

Directions:

Preheat oven at 180°C.

Cover the pita pocket on one side with tomato paste and add your favourite toppings. Cover with a small amount of cheese.

Bake in the oven until the top and the underneath of the pita base are golden brown.

Cook's tip:

Add your favourite toppings, but remember to put some fruit and vegetables on there too for extra vitamins.