

EASY PEASY PIZZA



Serves: 2 (children) **Cost per serving*:** 56p

Portions of fruit and vegetables per serving: 2

Allergens: Wheat | Gluten | Milk

Equipment: Chopping board, sharp knife, dessert spoons, fork, mixing bowl, rolling pin (optional), baking tray.

Ingredients

- 70g self raising flour, plus extra for rolling
- 50ml natural fat free yogurt
- ½ tin chopped tomatoes with herbs
- 2 dessert spoons tomato puree
- 50g reduced fat mozzarella cheese, grated
- 3 large mushrooms, cleaned
- 2 dessert spoons sweetcorn, drained
- ½ pepper (yellow, red or orange)

Each 566g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
839kcal 3517kJ	36g	9.7g	9.5g	0.44g
42%	51%	49%	11%	7%

of an adult's reference intake

Typical energy as sold per 100g: 148kcal/621kJ

Method

1. Preheat the oven to 200°C/180°C (fan)/Gas 6 .
2. Put the self-raising flour in a bowl and stir in the yogurt, first with a fork and then bring together to form a dough with your fingertips and knead lightly.
3. Turn out the dough on a lightly floured surface and divide the dough into 2 pieces.
4. Roll out each piece into a circle about 15 cm and place on a baking sheet.
5. Spoon one dessert spoon of tomato puree onto the base and spread evenly. Repeat with the chopped tomatoes.
6. Top with a little mozzarella and then your chosen toppings.
7. Cook in a preheated oven for 8-10 minutes.

