

Quick and Easy Healthy Pizza



Ingredients for base:

70g wholemeal flour
1 tsp baking powder
Pinch of salt
80g natural or Greek yogurt

Ingredients for topping:

50g Passata
Small pieces of pepper, tomato, pineapple, spring onions, broccoli, mushrooms, sweetcorn as wished and in season.
50g light mozzarella or grated Cheddar cheese

Method:

1. Grease a baking tray and set oven to 190C for fan oven, 210C for non-fan or Gas mark 6.
2. Sieve the flour, baking powder and salt into a bowl.
3. Add the yogurt and mix into a soft dough.
4. Sprinkle some flour onto a clean work surface and rolling pin. Gently roll the dough, turning it between each roll until you have a circle about 20-25 cm across.
5. Place on a greased baking tray and bake in oven for 10 minutes.
6. Prepare vegetable toppings by chopping small or slicing.
7. Spread the passata on the baked base, lay on the prepared toppings and finish with torn mozzarella pieces or grated cheddar.
8. Bake in the oven for a further 10-15 minutes until the cheese is melted and turning golden.

