

Serves 2 people



# Vegetable Pizza

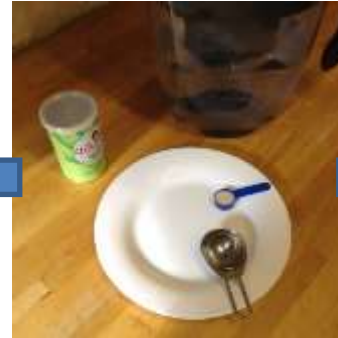
We make our pizza healthier by using 50/50 flour and having extra vegetables



100g 50/50 bread flour



5ml teaspoon oil  
2.5ml teaspoon sugar  
Pinch salt



2.5ml yeast  
4 x 15ml tablespoon  
water



Knead!

Knead until smooth  
Set aside in a bowl



Chop!

Chop vegetables



Roll!

Dust flour  
Roll out dough



Place on baking tray



spread!

Add tomato pasta  
sauce







Add vegetables  
Add grated  
mozzarella



Cook  
10-12 minutes  
200°C

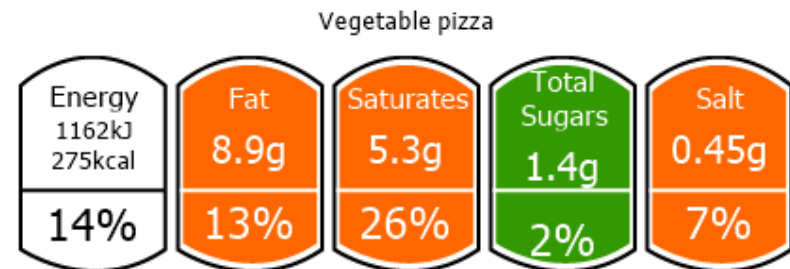
# How we made our pizza healthier

Pizza can be made healthier by changing some ingredients

<b>PORTION</b>		<p>We shared our pizza and ate half of it.</p> <ul style="list-style-type: none"> <li>This lowers the energy content of our meal. Our nutrition information below is for half the pizza</li> </ul>
<b>FATS</b>		<p>We used mozzarella cheese.</p> <ul style="list-style-type: none"> <li>Mozzarella is lower energy than cheddar cheese</li> <li>We also used grated mozzarella so we used a smaller amount of cheese</li> </ul>
<b>FIBRE</b>		<p>We used 50/50 bread flour.</p> <ul style="list-style-type: none"> <li>Our pizza had more fibre than pizza made with white flour</li> <li>Blend your own 50/50 flour by using half wholemeal and half white flour</li> <li>Fibre is good for our digestive system</li> </ul>
<b>VEGETABLES</b>		<p>Our recipe contains a small amount of vegetables</p> <ul style="list-style-type: none"> <li>Vegetables are low energy and add extra fibre, vitamins and minerals. These are good to use on a pizza</li> <li>Serve your pizza with more raw vegetables for good health</li> </ul>

Nutrition Information Typical Values

	Per 100g	Per portion (112g)
Energy (kJ)	1033	1162
Energy (kcal)	245	275
Fat (g)	7.9	8.9
Saturates (g)	4.7	5.3
Carbohydrate (g)	33	37
Total Sugars (g)	1.2	1.4
Fibre (g)	3.3	3.7
Protein (g)	12	14
Salt (g)	0.4	0.45



**of an adult's Reference Intake.**  
Typical values per 100g: Energy 1033kJ/245kcal