



*Makes 4 large pizzas

GF VEGETABLE PIZZA



Add 400g gluten free self-raising flour to 28g ground linseeds



20g oil and 4g salt



480g natural low fat Greek yogurt



Form into 4 balls
Set aside in a bowl



Form into 4 balls
Set aside in a bowl



Place on a sheet of baking paper. Cover with cling film



Roll out dough thinly.



Spread tomato sauce thinly over the base.



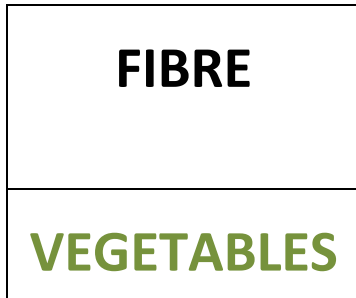
Add & top with grated mozzarella



Cook 15-20 minutes 200°C

How we made our pizza healthier

Pizza can be made healthier by changing some ingredients



We added some ground linseeds to the flour to help bind it together.

- This increases the fibre content and is good for keeping our bowels healthy and is a good source of vitamins
- The nutritional information below doesn't include linseeds. It adds an extra 1.6g fibre – making the pizza total 5.6g fibre

Our recipe contains some vegetables. Serve with salad to increase them further

- Vegetables contain vitamins and fibre; they are also low in fat and salt
- Try and aim for 5 portions a day (a portion is 80g)

Younger children will need a quarter or half pizza

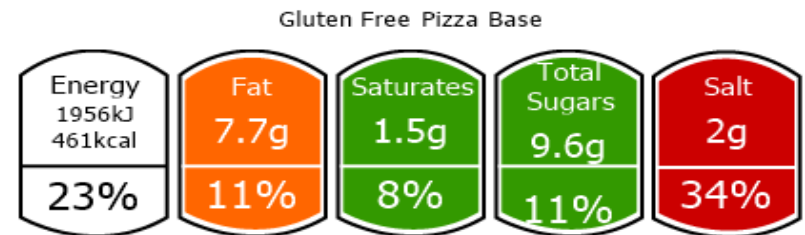
This is a new recipe.

Gluten Free: Suitable

Dairy free: use dairy free cheese and dairy free Greek yoghurt

Typical nutrition values per pizza base (excludes linseeds)

Energy (kcal)	461kcal
Protein	15g
Fat	7.7g
Saturates	1.5g
Carbohydrate	89g
Total sugars	9.6g
Fibre	4g
Salt	2g



of an adult's Reference Intake.
Typical values per 100g: Energy 866kJ/204kcal

*

We use Explore Food <https://explorefood.foodafactoflife.org.uk> to calculate a recipe's nutritional information and create our nutrition information per portion and a traffic light food label.

