



Presents

Frances'
Kitchen

Pizza 3 Ways

Here's a list of ingredients that you'll need. You'll need ingredients for your pizza dough and for the tomato pizza sauce. Cook along with the film to make to make tasty, homemade pizzas from scratch.

Pizza dough

500g strong flour (70g carbs/100g = 350g carbs)

1 ½ teaspoon salt

1 teaspoon dried yeast

1 ½ teaspoon sugar (8g carbs)

300ml warm water

- Weigh flour and salt into a bowl and make a well in the middle.
- Add yeast and sugar to warm water and leave for a few minutes to get working.
- Add to middle of well and use a fork to bring it together. Use your hands at the end and knead on a floured surface for at least 5 minutes
- Leave to rise for 30 mins
- Knead again and roll out thinly to make at least 4 large pizzas

Tomato pizza sauce

1 small onion finely chopped

2 teaspoons oil

1 tin tomatoes (12g carbs/tin)

2 cloves garlic

Dried herbs

- Add all to a pan and cook slowly for 15 minutes until some water has evaporated and the sauce is thicker
- Leave to cool (enough for 4 pizzas, is only 4g carbs per pizza)

Assembling your Pizza

- Assemble pizza - cook 8-10 minutes in hot oven gas 8 or fan 220 C
- Portion size is half pizza (45g carbs)
- Reduce portion sizes by cutting into slices before serving, serve with salad like at the salad bar to fill the plate

Ready made pizza base = 90g carbs per 10" pizza base
Tortilla wrap = 30g carbs

Toppings

- The more fat and protein you add to the top, the longer it will affect blood glucose
- Lots of cheese + lots of pepperoni = high BG for longer
- Think about using a dual wave/multiwave/extended bolus with this type of meal if on a pump

Bon Appetit

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