

VEGETABLE PIZZA

INGREDIENTS:

- ❖ Sprouted wheat tortilla 1 ea
- ❖ Pizza sauce 4 TBSP
- ❖ Garlic 1 clove
- ❖ Onions ¼ Cup
- ❖ Green peppers ¼ Cup
- ❖ Broccoli ¼ Cup
- ❖ Black olives 5 ea
- ❖ Mozzarella cheese 1 Oz
- ❖ Parmesan cheese ½ Oz
- ❖ Red pepper (crushed for sprinkling)

METHOD:

1. Preheat oven to 450°
2. Place thawed tortilla on large pan and place in oven – 3 - 4 minutes to allow crust to harden a bit.
3. Chop vegetables.
4. Once tortilla has started to slightly crisp on edges, remove from oven. Place sauce and garlic on crust first.
5. Then top with suggested toppings or other toppings, being careful not to overload the crust.
6. Next place cheese on top.
7. Cook for 10 minutes or until cheese is bubbly.

Notes:

Enjoy with a big green salad.

Cheeses are optional

Please buy all organic ingredients if possible

