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| HEALTHIER PIZZA  | A picture containing text  Description automatically generated |
| **Ingredients:** for the Pizza Base* 200 gms strong bread flour
* ½ teaspoon fast acting dried yeast
* ¼ tsp caster sugar
* A little oil for greasing

For the topping:* 4 tablespoons olive oil – plus extra for greasing the pan
* 1 clove garlic
* 200 tinned tomatoes, well chopped
* Your choice of topping eg spinach, peppers, courgettes
* A little cheese
* Handful of fresh herbs
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| Method:* Put the base ingredients into a bowl and add up to 125 mls of warm water, mix to pliable dough,
* Turn onto floured board and knead until smooth, put back in the bowl
* Cover with clingfilm and leave in warm place to double in size
* Heat 1 tablespoon oil in a frying pan, add chopped garlic and cook to soften
* Add tomatoes, and let bubble with low heat for few minutes until thickened
* Slice the vegetables thinly for the topping
* Take the risen dough out onto floured board and roll out to the right size to fit your frying pan
* Gently heat 1 tablespoon of oil in pan to grease
* Lift the dough and gently lay it in the pan
* Cook over low to medium heat until golden brown underneath and the sides start lifting away from the pan
* CAREFULLY flip over and cook for a further 2-3 mins
* Spread the tomato sauce over pizza, add your choice of toppings
* Warm through, serve and enjoy
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