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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 | | |
| 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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