



Flatbread Pizzas (makes 8 small pizzas)

These can be made without an oven, by using a speedy flatbread dough it makes them perfect for a meal in a hurry. Get creative by choosing toppings based on what's in your cupboard or in season. Yogurt is a good source of calcium which is needed for strong teeth and healthy bones.

Ingredients:

For the base:

1 small pot / 150ml plain yogurt
2 small pots / 150g self-raising flour
 black pepper

For the tomato sauce:

500g passata
 100g tomato puree
 2 tsp mixed dried herbs

Topping Suggestions:

grated cheese
 sliced mushrooms
 sliced peppers
 sliced onions
 sweetcorn

Equipment:

Mixing Bowl
 Wooden Spoon
 Oven proof frying Pan or baking sheet
 Oven Gloves

Instructions:

1. Make the tomato sauce by combining all of the ingredients in a bowl and stirring until smooth
2. Add the flour, yogurt and black pepper to a mixing bowl, stir with a wooden spoon until combined
3. Tip the dough onto a floured worktop and knead until smooth, divide into 8 equally sized balls
4. Press each ball into a 1cm thick disc
5. Cook the bases, 2 or 3 at a time, in a frying pan over a medium heat for 2 -3 minutes on each side or until golden
6. Pre heat the grill to a high setting
7. Whilst the grill is heating up, top your pizzas with a spoonful of the tomato sauce and your chosen toppings
8. Place the pizzas under the grill until the cheese is bubbling and golden brown



Skills used:
 Mixing, Combining, Frying, Grilling

ALLERGENS HIGHLIGHTED IN BOLD