

LUNCH

WHOLEMEAL PITTA PIZZA



SHOPPING LIST:

- 2 wholemeal pitta breads
- Cheese
- 8 cherry tomatoes
- Half a yellow pepper
- 2 tbsps. of tomato puree
- Tinned pineapple chunks (in juice)
- 2 tbsps. of natural yogurt

COSTINGS: *£1.40 per lunch

NUTRITIONAL INFORMATION:

Calories: 514 |
Carbohydrates: 69g |
Protein: 21g | Fat: 13g |
Saturated Fat: 7.4g | Sodium: 1.6g | Fibre: 12g | Sugar: 24g
These wholemeal pitta pizzas are super easy and quick to make. The wholemeal pitta bread is a great source of fibre and low in saturated fat. The cheese provides calcium, fat and protein, along with Vitamin A and B-12. The tomatoes are full of vitamins, including beta-carotene (which becomes vitamin A when consumed), vitamins C, E and K and some B vitamins. The yellow pepper not only provides vitamin A and C, but also potassium. The

natural yogurt provides vitamin B-12, calcium and protein.

| Preparation time: | Cook time: | Servings: |
|-------------------|------------|-----------|
| 10 mins | 5 mins | 2 |

DIRECTIONS:

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| 1. Grate the cheese, dice the pepper, cut the tomatoes in half and cover the top of the pitta bread in tomato puree. | 2. Cover the pitta bread in cheese and put the tomatoes and the pepper on top | 3. Pop the pittas in the grill and grill on medium heat and the cheese has melted |
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| 4. Leave the pittas to cool and then cut into slices | 5. Put the natural yogurt in one pot | 6. Put the pineapple slices in another. |

*Average supermarket pricing as of March 2021

Christchurch Food Festival Education Trust: Charity Number 1127292

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