



Fresh Ingredient Pizza! Feeds 1-2

These fresh ingredient pizzas are a wholesome choice, packed with protein and fibre to keep kids full and fuelled. Made with local vegetables and quality toppings, they're a tasty option that balances flavour and nutrition.



Prep: 15-30 mins
Cook: 20 mins

There are three bases you can use -



The main ingredients -



Other ingredients are only limited to your taste and imagination!

Heres what we used -



Other ingredient variations -



Before you start

You will need a knife, chopping board, baking tray or pizza stone, spoon, baking paper, access to an oven (pre heated to 220°) or air fryer

Prepare the base

- 1 Place the ready-made pizza base, wrap, or dough on a baking tray (lined with baking paper) or a pizza stone.



Spread the sauce

- 2 Spread tomato paste evenly over the base, leaving a small edge for the crust.



Add cheese

- 3 Sprinkle a layer of cheese over the base. This step can be completed before or after adding your toppings.



Layer on toppings

- 4 Chop or slice your fresh ingredients (e.g. mushrooms, capsicum, onion, tomatoes, olives, garlic, chilli), spread evenly across the base.



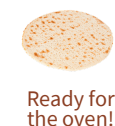
Optional protein

- 5 Add protein of choice (e.g. prawns, chicken, ham, bacon, pepperoni, or tofu). (Order of toppings **does not** matter)



Bake

- 6 Place the pizza in a preheated oven at around 220 °C and cook for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbling. (Dough may take longer in the oven)



Serve

Remove from the oven carefully, then slice and enjoy.



Remember

There is no "Perfect pizza"
Every pizza is different.



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