



Italian

PROTEIN PIZZA



COOK TIME

25 Minutes



SERVES

2



NUTRITION INFO

Per Portion: 495kcal -

34p, 56c, 15f



INGREDIENTS:

- 110g self raising flour (plus a little for dusting)
- 120g 0% Fage Greek Yoghurt
- 200g pizza sauce
- 100g reduced fat grated cheddar
- 70g reduced fat mozzarella (grated or thinly sliced)
- 2 tomatoes (thinly sliced)
- Fresh basil (finely chopped)

INSTRUCTIONS:

1. Preheat the oven to 200c.
2. In a large bowl, mix the self-rising flour and Greek yoghurt until it comes together to form a ball.
3. Transfer the dough ball to a lightly floured work surface and use your hands to begin flattening and shaping the rough into about a 12-inch (30 cm) round (if at any point the dough begins to stick, sprinkle on a bit more flour).
4. Carefully transfer the dough to a lightly floured baking sheet.
5. Spread the pizza sauce evenly across the dough, sprinkle on the cheese, and top with the tomato slices.
6. Bake for 20 minutes, until the cheese has melted and the crust has turned golden-brown.
7. Sprinkle over fresh basil to serve.