






Healthy pizza and salad recipe

Recipe and ingredients for pizza

-  150g plain flour- 90p
(or gluten free flour) £1.75
-  1 tsp yeast (optional- 90p)
- 1/2 tsp salt
-  1 tbsp vegetable oil (optional)
- 100ml warm water
-  2 tbsp tomato puree -55p
(or passata- 60p or tomato sauce)
- 100g grated mozzarella- £1.70
-  (or vegan alternative- £2.50)

Toppings...

Choose at least 3

-  1 tin of sweetcorn- 50p
- 4 mushrooms- 95p
-  1 onion- 10p
- 100g pineapple- 50p
-  4 slices of ham- £1.59
(or quorn equivalent- £2.00)
-  100g cooked chicken- £1.99
(or quorn equivalent- £2.50)
-  1 tsp dried herbs- 70p
-  1/2 bell pepper- 45p

(Please turn over for salad recipe)



1. Pre-heat oven to 200C/180C fan/gas 6



2. Combine the flour and salt.



3. Mix the yeast into the water.



4. Add the water mixture to the flour and combine. Once combined lay onto a floured work surface and knead for 5 minutes.



5. Divide the dough into 2 balls. Roll out each ball to a pizza base shape. Put each base onto a baking tray.



6. Using the back of a spoon, spread the tomato puree on the base. Then top with cheese.



7. Cut up your toppings.



8. Place toppings on your pizza and cook for 15-20 minutes.



9. Cut your pizza into slices, place on a plate with salad and enjoy!.











Total cost to make the healthy pizza and salad recipe £21.56 or £26.00 if using additional extras







Based on prices in Tesco's 06/07/20

Healthy pizza and salad recipe

Recipe and ingredients for salad

Choose whichever you like, choose at least 4 to get a variety include a protein

-  1/4 of a lettuce head- 49p
-  1/2 a cucumber- 49p
-  2 tomatoes- 75p
-  1 bell pepper- 45p
-  100g cooked chicken- £1.99
(or quorn equivalent- £2.50)
-  4 slices of ham- £1.59
(or quorn equivalent- £2.00)
-  4 large mushrooms- 95p
-  1 tin of sweetcorn- 50p
-  2 tbsp hummus- £1.10 (dressing)

-  2 tbsp yoghurt
(dressing- can add garlic, herbs or lemon to improve flavour- 90p)
-  (dressing can add garlic, herbs or lemon to improve flavour)
-  1/4 Of a red cabbage- £0.59
-  2 carrots- 10p
-  large handful of baby spinach- £1.03
-  small bunch of fresh basil- 70p

**One
Life
Suffolk**



1. Wash and chop your salad vegetables



2. Place salad into a bowl and mix. Add dressing.



3. Place on a plate, to enjoy with your pizza!

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**Families
and
Young People**