

Wholemeal Pizza Breads



Focus: eat more fibre and increase vitamin c levels

Ingredients

$\frac{1}{2}$ wholemeal baguette
25g Cheese
1 small tomato or diced red pepper
2-3 thin slices onion
Pinch mixed herbs
Parsley (for garnish)

Equipment

1 chopping board (green)
1 vegetable knife
1 plate
grater
baking tray

Method

1. Collect equipment and ingredients required. Turn on oven 180c/Gas5
2. Grate cheese using the coarse side of the grater. Heat baguette in oven
3. Slice tomato/red pepper
4. Dice onion
5. Carefully remove baguette from oven and slice down the centre lengthways
6. Place healthy vegetables on each half. Cover with cheese, sprinkle on herbs
7. Place pizza on baking tray and bake until cheese has melted
8. Remove from oven
9. Garnish with parsley and serve while hot