

## Healthy Twists on Pizza

Pizza can not only be a delicious meal, but also a healthy one if we make informed decisions when making it. A simple way to boost the health factor of your pizza is through your topping choice. Here are some topping ideas and how they can add a healthy twist to a typical pizza.

### Ham

Protein is an important part of any meal, and ham is a great choice for a pizza topping. Ham is lower in fat and sodium than popular pizza toppings like sausage or pepperoni.

### Diced chicken

Diced chicken is another great source of low-fat protein for your pizza as an alternative to the high-fat and sodium products.

### Tomatoes

You will be increasing the health benefits of the meal by adding fresh, sliced tomatoes. Tomatoes are a source of vitamins A and C, meaning they're great for your eyesight and maintaining a healthy immune system.

### Pineapple

Pineapple is a controversial pizza topping (love it or hate it!), but it can help to satisfy our cravings for sweet, sugary foods. Pineapple also contains a mineral which is great for your growth and development.

### Peppers

Bell peppers are an excellent source of vitamins A and C. Red peppers can also help to prevent disease!

### Spinach

Spinach is one of the most nutritious toppings available to put on your pizza. It's high in iron, calcium and potassium, which are important for keeping your blood, bones, teeth and muscles healthy. Spinach also contains many ingredients that enhance eye health and reduce the risk of disease.

### Mushrooms

Mushrooms are another great way to boost the flavour and health factor of your pizza. Mushrooms are high in vitamins and also contain antioxidants, which promote skin health and help to prevent disease. Mushrooms are a rich source of calcium, which is great for maintaining strong bones and teeth.

### Onions

Onions can add a strong flavour to your pizza along with offering you many health benefits. Onions are rich in vitamin C and calcium and can help to prevent disease and keep us healthy.



## Home-made Pizza Recipe

Serves 2

### Ingredients

#### Dough:

- › 250g plain flour
- › 1 tsp yeast
- › 1 pinch of salt
- › 300ml of water
- › 1 tbsp of olive oil

#### Sauce:

- › 1 tin chopped tomatoes
- › 2 tablespoon tomato purée
- › 1 tablespoon olive oil
- › 1/2 teaspoon salt
- › 1/2 teaspoon mixed herbs
- › 1/4 teaspoon garlic powder

#### Toppings:

- › Add grated cheese, like mozzarella, and whatever toppings you like! Diced chicken, ham, bell peppers, onions, tomato slices and pineapple are all good, healthy options.

### Method

#### Step 1: Mix the dough

Mix the dry ingredients together first (flour, yeast and salt), and then stir in the wet ingredients (water and oil). Add extra flour if needed to make a soft dough. Shape the dough into a ball, cover it with clingfilm, and let it rest for around 15 minutes.

#### Step 2: Knead your dough

Turn your dough onto a floured surface and knead until it's smooth and stretchy.

#### Step 3: Make your pizza sauce

In a small bowl, combine tomatoes, tomato purée, oil and seasonings.

#### Step 4: Add your sauce and toppings

Spread the sauce on the pizza base and add all of your other favourite healthy pizza toppings. Why not try to choose 3 different coloured toppings?

#### Step 5:

Place your creation on a floured baking tray and bake in a pre-heated oven at 200°C until lightly browned, 12-16 minutes.



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