



## LYN'S EASIEST PIZZA EVER

This is the best pizza recipe for making with kids. Simple, quick, fun to make and tasty - all at the same time. Big thanks to our West Berkshire Community Support Worker, Lyn, for bringing this recipe to PhunkyFoods!

The nutrient profile of a home-made pizza is so much better than shop bought; lower in fat, salt and sugar. Pile high with vegetable toppings and enjoy.



### Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw safely; mix to form a dough; knead; shape dough.

**Equipment:** Fork, bowl, spoon, baking sheet, stick blender or food processor

### Ingredients (makes 8 individual pizzas):

- 280g self-raising flour
- 200ml Greek yoghurt
- 200g canned tomatoes
- 1 tbsp tomato puree
- 1 pinch of oregano
- 100g mozzarella (grated)
- Toppings of your choice e.g. sliced tomatoes, mushrooms, peppers, courgettes, sweetcorn

### Method

1. Put the self-raising flour in a bowl and stir in the yoghurt, first with a fork and then bring together to form a dough with your hands and knead lightly.
2. Turn out the dough on a lightly floured surface and divide the dough into 8 pieces.
3. Roll out each piece into a circle about 15cm and place on a baking sheet.
4. Blitz the tomatoes in a food processor or with a stick blender, then add the tomato puree and oregano.
5. Spoon one dessertspoon of sauce onto the base and spread evenly.
6. Top with a little mozzarella and then your chosen topping.
7. Cook in a preheated oven at 220°C for 8-10 minutes.



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 115g serving

<b>ENERGY</b>	814kJ / 193kcal	10%
<b>FAT</b>	5.2g	7%
<b>SATURATES</b>	3.0g	15%
<b>SUGARS</b>	2.4g	3%
<b>SALT</b>	0.5g	8%

% of an adult's reference intake  
Typical values per 100g : Energy 708kJ / 168kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Lyn's Easiest Pizza Ever....

**Greek Yoghurt** is an excellent source of protein and calcium and contains good amounts of vitamin A, B vitamins and the mineral zinc.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals. Add a range of different vegetables for your pizza toppings.

**Mozzarella cheese** is lower in fat and salt than hard cheeses, but it should still be used sparingly to reduce fat and salt.

