

Homemade Pizza



Homemade Pizza

Per pizza

ENERGY
1642 KJ / 390 kcal 20%

FAT
10 g 14%

SATURATES
6 g 30%

SUGARS
5.5g 6%

SALT
0.68 g 11%

% Of an adults reference intake

Typical values per 100g: Energy 1046kJ / 248kcal

Pizza Equipment (1 pizza)



Large Bowl



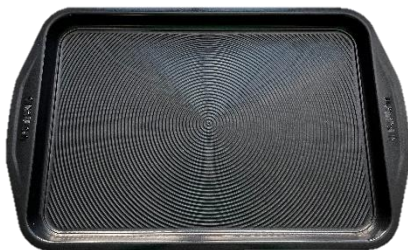
Spoon



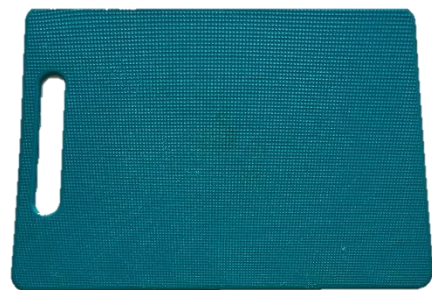
Fork



Rolling Pin



Baking Tray



Chopping Board



Knife



Fish Slice

Pizza Ingredients (1 pizza)



Chopped tomatoes (25g)



Grated cheese (25g)



Mushrooms



Natural Yoghurt (50 ml)



Pepper



Self Raising Flour (35g)



Self Raising Wholemeal Flour (35g)



Tomato Puree (1/2 tbsp)

Homemade Pizza Recipe

①



Get all of your ingredients and pre-heat the oven to 200°C

②



Put the flour in a bowl

③



Add yoghurt to the bowl

④



Mix together with a fork

⑤



Mix with your hands to form a dough

⑥



Put the dough on a floured surface

Homemade Pizza Recipe

⑦



Roll out the dough

⑧



Place dough on a floured baking tray

⑨



Add some tomato puree

⑩



Spread out with a spoon

⑪



Add chopped tomatoes

⑫



Chop the pepper

Homemade Pizza Recipe

13



Chop the mushroom

14



Add the vegetable toppings

15



Add some cheese

16



Put in the oven for 8-10 minutes

17



Remove from oven and let it cool