

Pizza

INGREDIENTS

Sourdough Rye Pre-Made Crust (no yeast) (get at health food store)
Tomato & Basil Pasta Sauce
Toppings – Fresh Spinach Leaves, Mushrooms, Garlic, Broccoli, Pineapple,
whatever you like!
Organic shredded mozzarella cheese (or the soy/rice version – or you can go
with no cheese at all)

INSTRUCTIONS

This is an excellent recipe I came up with not long ago when I was craving pizza, but wanted a less greasy, healthier option. All ingredients are organic.

Take your pre-made crust and lay it over a sheet of foil. Rub the top with a little bit of olive oil. Slice up your choice of toppings (a good combination I used was spinach leaves, mushrooms, onion, garlic, and turkey sausage.) Spread your desired amount of tomato sauce on top of the crust. Sprinkle toppings all over the top. Sprinkle cheese on the top (or leave it off if you don't eat dairy). Place it in the oven at 375 degrees for 15-20 minutes.

