



HEALTHYFOOD
STUDIO

VEGGIE CHEESE HOMEMADE *PIZZA*

INGREDIENTS

PIZZA DOUGH

115g	cake flour, sifted
125ml	Linseed flour or nutty wheat flour or quinoa
	Pinch of sugar
	Pinch of salt
2.5g	Dried yeast
5g	Unsalted butter
100ml	milk
1	Egg

TOPPING

1 cup	Homemade tomato sauce
1	Punnet baby tomatoes, halved
2	Hands full of baby spinach, finely shredded
70g	Reduced fat cheddar cheese, grated
70g	Reduced fat mozzarella cheese, grated
2g	Dried oregano
	Woolworths Italian grind

METHOD

PIZZA DOUGH

In a bowl combine the cake flour, linseed flour, nutty wheat / quinoa, sugar and salt. Mix well, then add the yeast. In a pot warm the milk gently and add the butter. Don't let this boil. Add the egg to the flour mixture and mix. Add the warm milk and butter slowly. Mix the ingredients into a smooth but slightly sticky dough (about 5 minutes). Cover with plastic wrap and leave it to rise for about 10 minutes. Roll out into desired shape on a floured/semolina surface into a thin sheet.

TOPPING

Heat oven on to 200°C. Top with homemade tomato sauce, then shredded spinach, cheese and the tomato halves. Sprinkle with oregano and italian grind. Bake the pizzas for about 5 to 10 minutes until the crust on the outside is crisp, but the center still soft. Serve Hot!

COOKING

10
MIN

PREP

20
MIN

SERVES

4-5
PIZZAS

Discovery
Vitality

W
WOOLWORTHS