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PERSONAL PIZZA CREATIONS

Ingredients

1 whole grain pizza crust (if you feel adventurous, see my recipe for cauliflower pizza crust, also premade frozen found at Sprouts or Whole Foods)

8 oz. can of tomato sauce (read your labels and try to get 'no salt added and keep the total sugar under 3g); a jar of organic pizza sauce with low sugar is great also

Oregano, garlic powder, onion powder, parsley, Italian seasoning

Chopped spinach, usually 2 large handfuls

Favorite non-dairy mozzarella and/or parmesan shredded cheez

Preheat oven according to pizza crust directions.

Instructions

Spread tomato sauce evenly on top of pizza crust using the back of a spoon.

Sprinkle oregano, garlic powder, onion powder, and parsley on top of sauce.

Top with chopped spinach.

Create your own pizza topping using any of the following ingredients:

Colored Peppers, Onions, Black/Green Olives, Broccoli, Mushrooms, Sliced

Tomatoes, Cauliflower, Artichokes, Capers, Chopped Asparagus, Pineapple

Top with mozzarella cheez/parmesan cheez if desired.

Sprinkle with oregano, parsley and Italian seasoning.

Bake for 10-15 minutes and check to see if the crust is crunchy and cheese is melted (keep adding a couple minutes longer if needed). Remember, there is no meat involved here, so no need to worry if it's cooked long enough.

Tips

As always, feel free to add or take away optional toppings on your pizza creations. It's always fun to experiment with recipes customizing to your favorite taste. Remember, anyone can make a pizza, but your goal is to keep the ingredients as whole and unprocessed as possible.

ENJOY AND FEEL THE HEALTH