



### 10 Minute Pizza!

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| 1 Flatbread (100% whole wheat with Flax) | 2 oz. low fat ricotta cheese (part skim) |
| 3 T. Pizza sauce (organic in jar)        | 4 cherry tomatoes - sliced               |
| 1 oz. fresh spinach                      | ¼ c. sliced black olives                 |
| 2 oz. fresh mozzarella cheese (sliced)   | Fresh basil                              |

Heat oven to 425. Place flatbread on baking/pizza screen. Spread pizza sauce to cover flatbread. Place spinach over pizza sauce and cover with ricotta (dropped by spoonful) and sliced mozzarella. Top with sliced cherry tomatoes, black olives and a few pieces of basil.

Bake in hot oven 6-8 minutes or until desired doneness. Top with more pieces of fresh basil, cut and serve. Great with fresh grated parmesan cheese and red pepper flakes.

Serves 1

Also great with a quick side salad with vinegar and oil dressing to increase your veggies.

This works great for families as each member can select from their favorite pizza topping and create their own!