

## Yummy Tummy Pizza



### Makes:

2-3 Servings

### Utensil:

12" Electric Oil Core Skillet  
small mixing bowl

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### Recipe:

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### Recipe Description:

Sometimes it's difficult to get kids to eat their vegetables but everyone loves pizza. This pizza is the perfect way to "hide" the nutritional benefits of beta carotene, vitamin A, vitamin C and fiber in the sauce. Shred carrots or broccoli into the sauce and the kids will never know they're actually eating their vegetables!

#### Crust

2 teaspoons

active yeast

(10

mL)

$\frac{3}{4}$  cup

water

(180

mL)

1 cup

white flour

(240

mL)

1 cup

whole wheat flour

(240

mL)

1 teaspoon

sugar

(5

mL)

$\frac{1}{2}$  teaspoon

salt

(2.5

mL)

#### Sauce

3

ounces tomato (85 g) 4

paste

ounces tomato sauce (113 g) 2

cloves garlic, minced 1

tablespoon honey (15 mL)  $\frac{3}{4}$

