The simplest way
...to make pizza, healthy!

Healthy pizzas are easier to make than you think...

What you need
- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.: diced mushroom, diced tomato, diced capsicum, pineapple pieces, grated carrot, olives
- reduced-fat grated cheese

Method
- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/under grill until cheese melts and is golden...watch your kids enjoy eating vegies!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.