

Pita Pizzas

Ingredients:

- 2 whole-grain pita bread
- ½ cup organic tomato sauce (preferably oil-free and low-sodium)
- ¼ cup vegan cheese, optional (I use homemade)
- Your choice of diced, sliced, and shredded fresh, raw vegetables

Instructions:

1. Use a small spatula to spread tomato sauce onto your pita bread.
2. Top with your favorite veggies.
3. Toast lightly in a 350F oven for 8-10 minutes.
4. Serve immediately.

Tip: The toppings that I enjoy include broccoli, spinach, tomatoes, fresh basil, olives, zucchini, and red bell peppers.

Servings: 2