

Need a cheap healthy recipe to make this weekend?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle with time AND finding something everyone will eat. Sounds familiar?

Check out our healthy pizza below for a taste of our recipe selection!



Ingredients:

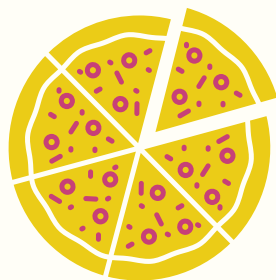
1x8 inch tortilla wrap (or you can use pitta bread)

Tomato passata

30g grated light mozzarella or cheddar

Toppings of your choice, such as:

- Peppers
- Ham
- Mushrooms
- Spinach
- Sweetcorn
- Tomatoes
- Pineapple



Method

- Place tortilla/pitta bread on a plate and spread tomato passata over it
- Add your chosen toppings
- Sprinkle with the grated cheese
- Microwave on high until the cheese is just melted (45 seconds), or place in a pre-heated oven at 200/gas mark 6 for 5-10 minutes
- Leave to cool for a few minutes and then enjoy!

Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today

Our courses are for families with children aged 5+ and above their ideal weight.

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FAMILIES



Hertfordshire