Breakfast

Garden Veggie Breakfast Pizza

A crisp individual pizza made on a gluten free, lower carb wrap, piled with baby spinach, oyster mushrooms, tomato, olives and cheese. Ready in minutes from the oven or air fryer.



Nut free

15 min	281	11.9 g	3.8 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 1 gluten free, lower carb wrap
- [ ] 1 heaped tablespoon tomato passata or tomato paste, no added salt
- [ ] ¼ cup grated cheese or chopped feta
- [ ] ½ cup baby spinach, shredded
- [ ] ¼ cup tomato, diced
- [ ] ½ cup oyster mushrooms, chopped
- [ ] 2 tablespoons spring onions (green part only), finely sliced
- [ ] 1 tablespoon olives, sliced
- [ ] Salt & pepper to taste
- [ ] Basil leaves

Method

- [ ] **1** Heat the oven to 200°C fan-forced, or set an air fryer to 180°C.
- [ ] **2** Lay the gluten free, lower carb wrap on a baking tray lined with baking paper.
- [ ] **3** Spread the tomato passata or tomato paste evenly over the wrap.
- [ ] **4** Scatter half the grated cheese or chopped feta over the base.
- [ ] **5** Top with the shredded baby spinach, diced tomato, chopped oyster mushrooms, sliced olives and finely sliced spring onions, green part only.
- [ ] **6** Season with salt and pepper to taste.
- [ ] **7** Finish with the remaining grated cheese or chopped feta and the basil leaves on top.
- [ ] **8** Bake for 5-6 minutes, until the cheese melts and the edges are crisp.

Nutrition Facts

Per serving

Calories	**281**
Total fat	11.5 g
Saturated fat	5.2 g
Sodium	417 mg
Total carbs	11.9 g
Fiber	7 g
Total sugars	3.8 g
Protein	26.7 g

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