

Veggie Face Pizza

Ingredients:

- 1 whole grain pita bread
- 2 tbsp marinara sauce, no salt added
- ¼ cup shreds mozzarella cheese substitute
- ½ cup mix veggies (peppers, olives, cherry tomatoes, carrots)



Servings: 1

Instructions:

Preheat oven to 425 F.

Spread the marinara sauce on pita bread.

Add cheese.

Create a face figure with vegetables.

Place the pizza in the oven for 5 minutes or until cheese is melted.



Nutrition Facts

servings per container
Serving size 1 pizza

Amount per serving
Calories 240

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	

Vitamin D --mcg	--%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 268mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.