



# TORTILLA PIZZA

## Ingredients:

- TORTILLA WRAPS
- GARLIC
- OLIVE OIL
- BABY TOMATOES
- RICOTTA CHEESE
- TOPPINGS OF CHOICE
- ROCKET LEAFS

## Method

- VERY LIGHTLY BRUSH A TORTILLA WRAP WITH OLIVE OIL AND SET TO ONE SIDE.
- BLEND TOGETHER A HANDFUL OF TOMATOES, 1/4 GARLIC CLOVE & 1 TEASPOON OF OLIVE OIL.
- SPREAD YOUR TOMATO PASTE ON YOUR TORTILLA.
- ADD A FEW GENEROUS DOLLOPS OF RICOTTA.
- ADD YOUR TOPPINGS OF CHOICE.
- BAKE ON A TRAY AT 180C FOR 7-15MINS.
- GARNISH WITH ROCKET LEAFS.



# TORTILLA PIZZA

## Nutritional Information

**TORTILLA WRAP**- A FANTASTIC LIGHT LOW CALORIE CARBOHYDRATE TO GIVE YOU THE ENERGY YOU NEED. GREAT ALTERNATIVE TO A HEAVY PIZZA BASE AND JUST AS FILLING! (BUY WHOLEMEAL WHEN POSSIBLE).

**GARLIC**- EXCELLENT ANTIOXIDANT, IT CAN BE IMMENSELY BENEFICIAL TO REGULATE BLOOD PRESSURE AND BLOOD SUGAR LEVELS.

**OLIVE OIL** - RICH IN HEALTHY MONOUNSATURATED FATS, ANTI-INFLAMMATORY & MAY HAVE BENEFICIAL EFFECTS TO GENES LINKED TO CANCER.

**TOMATOES**- GREAT LITTLE BOOST OF VITAMINS C, E, K & B. MINERALS INCLUDING CALCIUM & MAGNESIUM, IMPORTANT FOR A HEALTHY FUNCTIONING BODY.

**RICOTTA** - LOW FAT DAIRY PRODUCT PACKED WITH CALCIUM TO KEEP BONES, TEETH & NAILS HEALTHY & STRONG.

**ROCKET** - LEAFY GREENS ARE RICH IN CHLOROPHYLL, AMINO ACIDS AND VITAMINS C, E, B AND K. ROCKET ALSO PROVIDES GLUCOSINOLATES, WHICH HELP TO PROTECT AGAINST CANCER.