

Mini Pita Rainbow Pizza

Ingredients:

- 1 mini pita
- 2 tablespoons tomato sauce or pizza sauce
- 1 tablespoon dairy-free alternative cheese (such as vegan mozzarella or cheddar)
- 1/2 cup bell peppers (red, yellow, orange, green), diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced



Servings: 1

Instructions:

1. **Preheat the oven:** Preheat your oven to 375 F.
2. **Prepare the veggies:** Wash and chop/slice the assorted rainbow vegetables into small pieces.
3. **Assemble the pizza:**
 - Place the mini pita on a baking sheet lined with parchment paper.
 - Spread 2 tablespoons of tomato sauce or pizza sauce onto each mini pita.
 - Sprinkle 1 tablespoon of shredded dairy-free alternative mozzarella or cheddar cheese over the sauce on each pita.
 - Arrange the chopped/sliced rainbow vegetables on top of the cheese, creating a colorful rainbow pattern.
4. **Bake:** Place the baking sheet with the assembled mini pita pizzas in the preheated oven.
5. **Bake for 8-10 minutes:** Bake the mini pizza for 8-10 minutes, or until the cheese is melted and bubbly and the edges of the pitas are crispy.
6. **Serve:** Once done, remove the mini pita rainbow veggie pizza from the oven and let them cool for a minute before serving.
7. **Enjoy:** Serve the delicious and colorful mini pita pizza.



Nutrition Facts

1 servings per container
Serving size 1 Pita Pizza (221g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 7g	

Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 300mg	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.