

Food Babe's Pizza is a Vegetable Pizza



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	10 mins	15 mins	1

<https://foodbabe.com/pizza-is-really-a-vegetable>

Ingredients:

- 1 sprouted wheat tortilla (large) ((gluten free option: use gluten free tortillas))
- 4 tablespoons tomato sauce
- 1 garlic clove, minced
- ¼ cup white onion, chopped
- ¼ cup green bell pepper, chopped
- ¼ cup broccoli, chopped
- 5 pitted black olives (large), sliced
- 1 ounce mozzarella cheese
- ½ ounce raw parmesan cheese
- 1 pinch red pepper flakes

Instructions:

1. Preheat oven to 450° F
2. Place thawed tortilla on large pan and place in oven – 3-4 minutes to allow crust to harden a bit.
3. Once tortilla has started to slightly crisp on edges, remove from oven.
4. Place sauce and garlic on crust first.
5. Then top with suggested toppings or other toppings, being careful not to overload the crust.
6. Next place cheese on top (Optional).
7. Cook for 10 minutes or until cheese is bubbly.

Notes:

- Enjoy with a big green salad.
- Please buy all organic ingredients if possible