

## Healthy pitta pizza recipe

Search:

- [Recipes](#)

## Healthy pitta pizza recipe

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Healthy pitta pizza recipe

---



Rate this recipe

0 people are cooking this [Count me in](#)

We're seriously loving this easy pizza by The Fit Foodie, Sally O'Neil.

"One of the joys of pizza is the speed at which you can cook it, right? Oven on, pizza in, 15 minutes and you've got one very tasty slice in your hands. Frustratingly though, there's not all that much going on in the nutrition department in your usual deep pan. This recipe uses wholemeal pitta breads for a speedy base - no dough-making skills required - and plenty of nourishing toppings so you can still enjoy your favourite Friday night dish without the carb hangover," says Sally.

### Ingredients (Makes 4)

- 4 small wholemeal pitta breads
- 1 cup plain Greek yoghurt
- 8 marinated or pickled artichoke halves
- 1 cup frozen peas, defrosted
- 4 tbsp extra virgin olive oil, to serve
- Micro herbs
- ½ lemon

### Method

## Healthy pitta pizza recipe

---

Heat the grill to maximum while you prep the pizzas.

On a lined baking tray, spread out the pittas and divide the yoghurt between them.

Spread it out across the surfaces, and top with 2 artichoke halves per pitta.

Grill for 8 to 10 minutes until the edges of the pitta begin to brown.

Remove from the grill and top with peas, olive oil, herbs and a squeeze of lemon

**NEXT:** Feeding for salted caramel bars? These taste just like Snickers, find the recipe [here](#).

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```