DigiBete

Presents

Frances' Kitchen

Pizza Recipe

Use this recipe to cook along with the 'Pizza 3 ways' film to make tasty, homemade pizzas from scratch.

You'll need ingredients for your pizza dough, the tomato sauce and a selection of your favourite toppings.

Pizza Dough

- * 500g strong flour (70g carbs/100g **= 350g carbs**).
- 1½ teaspoon salt.
- 1 teaspoon dried yeast.
- 1½ teaspoon sugar (**8g carbs**).
- 300ml warm water.

1. Weigh the flour and salt into a bowl and make a well in the middle.
2. Add yeast and sugar to warm water and leave for a few minutes to get working.
3. Add to middle of well and use a fork to bring it together. Use your hands at the end and knead on a floured surface for at least 5 minutes.
4. Leave to rise for 30 mins.
5. Knead again and roll out thinly to make at least 4 large pizzas.

Tomato Pizza Sauce

- 1 small onion finely chopped.
- 2 teaspoons oil.
- 1 tin tomatoes (12g carbs/tin).
- 2 cloves garlic.
- Dried herbs.

1. Add all ingredients to a pan and cook slowly for 15 minutes until some water has evaporated and the sauce is thicker.
2. Leave to cool then spread on pizzas (recipe makes enough for 4 pizzas, this equals to 4g carbs per pizza).

Assembling your Pizza

1. Assemble pizzas with tomato sauce and your chosen toppings.
2. Cook for 8-10 minutes in pre-heated oven 220ºC (200ºC fan).
3. Remember - Portion size is half a pizza (45g carbs).
4. Manage portion sizes by cutting into slices before serving, serve with salad (like at the salad bar) to fill the plate.

Toppings Top Tips

- The more fat and protein you add to the top, the longer it will affect blood glucose.
- Lots of cheese and lots of pepperoni means a high blood glucose level for longer.
- Think about using a dual wave/multiwave/extended bolus with this type of meal if on a pump.

Topping Ideas

- Ham
- Turkey Ham
- Chicken
- Quorn
- Pepperoni
- Tuna
- Cheese
- Olives

- Pineapple
- Herbs
- Basil
- Mushrooms
- Tomatoes
- Peppers
- Sweetcorn
- Onion

Bon Appetit

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