



## **Harry's Pitta Pizzas**

This is a fun activity and a healthy meal for young children.



### ***What you will need:***

- Wholemeal pitta breads – 1 per person/child
- Tomato purée or tinned tomatoes, if available, which should be blended
- Grated cheddar
- Selection of vegetables such as:
  - Tinned sweetcorn, pineapple chunks, chopped cherry tomatoes, sliced mushrooms, sliced peppers, olives etc.
  - Herbs e.g. oregano, basil etc.

### ***What to do:***

1. Preheat the oven to 200°C/gas mark 6.
2. Allow your child to help you chop/slice the vegetables using a suitable knife and chopping board; this will help to develop fine motor skills.
3. Place the pittas sliced side down on a baking tray.
4. Spread the tomato puree or blended tinned tomatoes onto the back of the pitta.
5. Top with a selection of vegetables and herbs of your choice. Showcase creativity by seeing if you can make a pattern or even a face.
6. Cook in the oven for 10-12 minutes, until the cheese is melted and bubbling.
7. Cut in half and serve.

This is a great meal served with homemade coleslaw or some fresh salad leaves.