

# Homemade Pizza

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

*Pizza is surprisingly easy to make - it's also far cheaper and healthier to make it at home as you can choose exactly what you put into it (avoiding the added salt and sugar in so many supermarket and takeaway options).*

*You can get creative and add whichever toppings you prefer and this is a brilliant activity to do with children - they love making them and eating them!*

## Ingredients (makes 2 large pizzas)

- 500g strong bread flour (I use white flour but you can also do a wholemeal mix for added fibre)
- 1 packet of fast-action yeast
- 1 tsp. sugar
- 1.5 tsp. salt
- 300ml warm water
- Toppings: Passata (sieved tomatoes you can buy in a carton or jar), cheese (I like mozzarella but grated cheddar works well too), anything you like: fresh basil, tomatoes, red onion, anchovies... the possibilities are endless! Why not add some peppers and courgettes to up your veg intake too?



## Method

1. Mix together your flour, salt and yeast. Dissolve the sugar in the water and add to the flour. Mix together until the dough begins to come together.
2. Scrape the dough onto a floured work surface and knead it for around ten minutes.
3. Tip the dough back into a lightly greased bowl and leave it somewhere covered in a clean tea towel to double in size. This usually takes around 2 hours but it depends how warm your house is!
4. Prepare your baking sheets by lightly greasing them with olive oil and a dusting of flour. Preheat your oven to its' highest setting (as pizzas are best cooked fast on a very high temperature).
5. Tip the dough out and shape it into rounds to the thickness you like (you can use a rolling pin or shape with your hands and toss in the air Italian-style!)
6. The fun bit: add your toppings! Add your passata and cheese and then get creative. I like olives and anchovies!
7. Cook your pizzas - this usually takes around 10 minutes depending on the heat of your oven. At around 5 minutes swap the two trays of pizzas around so they have half their cooking time at the top and half at the bottom of the oven.
8. Time to eat! I like to tear fresh basil over my pizzas at the end of cooking and eat it with a salad.