



Better
Choices

Make a Better Choice for your

Match Night In

WHOLE-WHEAT PITTA PIZZAS



SEAMUS COLEMAN
Irish International Footballer



Ingredients

- 4 x whole wheat round pittas
- 4 tbsp. pasta sauce
- 4 mushrooms sliced
- 4 slices of ham diced
- 200g of grated low fat mozzarella

Method

1. Preheat oven to 200°C.
2. On a baking tray lay out the pittas and top with the pasta sauce.
3. Top with mushrooms and ham and cover with cheese.
4. Bake in the oven for 10 – 12 minutes until the cheese is melted and pitta has crisped.

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