

Fresh for Kids®

BBQ garlic & cheese pizzas with tomato & avocado



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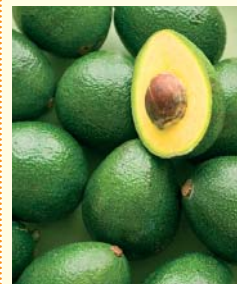
Preparation: about 15 minutes
Cooking: about 15 minutes
Serves: 4

If you prefer, you can bake the pizzas in a 220°C preheated oven for 12–15 minutes.

4 small (about 22cm) fresh pizza bases
¼ cup olive oil
2 garlic cloves, finely chopped
⅓ cup finely grated parmesan cheese
1 ripe avocado
1 tbs lemon juice
250g cherry tomatoes, thick sliced
25g baby spinach leaves
Reduced-fat hummus dip, to serve

1. Preheat a barbecue on medium heat. Brush pizza bases with oil. Sprinkle with garlic and parmesan. Place on foil trays or pizza stones and barbecue, covered, for 12–15 minutes until crisp.
2. Meanwhile, peel, dice and toss avocado with lemon juice. Top pizza bases with tomatoes and avocado. Sprinkle each with spinach leaves. Serve with hummus dip.

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Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the energy from proteins, fats and carbohydrates.

For fresh fruit and vegetable recipes visit
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