

FRESH
for
KIDS

FRESH PINEAPPLE, BACON & TOMATO PIZZA

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Preparation 10 mins | Cooking 15 mins | Serves 4-6

2 large pizza bases

1/3 cup barbecue sauce

150g rindless bacon, chopped

250g mini roma tomatoes, halved lengthways

1/2 small pineapple, peeled, cored and chopped

1 cup grated mozzarella cheese

STEP 1 Preheat oven to 240°C/220°C fan-forced. Spread pizza bases with barbecue sauce. Top with bacon, tomatoes and pineapple. Sprinkle with cheese.

STEP 2 Place pizzas onto baking trays. Bake for 15 minutes or until cheese melts and bases are crisp. Slice and serve.

Good for you... **TOMATOES**

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.



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