

## PIZZA

Why not make these Pizzas and use gluten free pizza bases and pesto?

These pizzas can also be sliced into 4-6 pieces and used as a small appetizer with drinks.

### Ingredients

#### **Serves 1 pizza per person**

Gluten free readymade pizza bases are available from all leading supermarkets.

#### Verdi pesto

- 1 bag of basil leaves
- 40g of oil
- 20g of pine nuts
- 20g Parmesan
- salt + pepper to taste

#### Bianca Pesto

- Ingredients:
- 30g pine nuts
- 30g Parmesan
- 30g clear oil
- 1 slice of gluten free bread
- salt + pepper to taste

#### Rosso Pesto

- 2 roasted red peppers
- 10 basil leaves
- 30g pine nuts
- 30g Parmesan
- 30g oil
- Salt + Pepper to taste



## **Method**

Method for all the pesto's

Weigh out all the ingredients and blend into a paste.

For the Bianca pesto add a little water if this is too thick during blending. Simple!

Do taste it before you add any salt because the parmesan may produce enough saltiness for your taste. These pesto recipes produce enough for a 7-inch pizza but can also be added to pasta for a lovely flavoured dish.

Remember if you have problems with foods containing fats affecting your bowel do use the pesto sparingly.

### Pizza's

#### Verde Pizza

Spread the pesto on the base and add a small amount of mozzarella (one or two strips), basil leaves and one sliced olive. Sprinkle with Parmesan and cook in a hot oven for 10-15 minutes.

#### Bianca Pizza

Spread the pesto on the base and add a small amount of mozzarella (one or two strips), pine nuts and sliced Parma ham (do be careful about what meats you choose for pizza - check for onion and garlic in preserved meats and sausages.) Sprinkle with Parmesan and cook in a hot oven for 10-15 minutes.

#### Rosso Pizza

Spread the pesto on the base and add a small amount of mozzarella (one or two strips), pine nuts and sliced roasted red pepper and slices of Parma ham. Sprinkle with Parmesan and cook in a hot oven for 10-15 minutes.

These pizzas can also be sliced into 4-6 pieces and used as a small appetizer with drinks whilst watching the football.