



WHY DO THIS ACTIVITY?
Making food is an activity that stimulates creativity and relaxation. It is a great opportunity to spend some quality time with your family.

Serves 4
Prep Time 20 min
Cooking Time: 45 min

Rainbow Veggie Pita Pizzas

Ingredients:

For the tomato base:

½ carrot, finely chopped or grated
1 celery stalk, chopped
½ onion, finely chopped
1 tbsp. olive oil
1 cup Rugani 100% Carrot Juice
1 tin whole peeled tomatoes
Salt and pepper to taste

Toppings:

4 whole-wheat pitas
½ cup broccoli, broken into small florets
½ cup cauliflower, broken into small florets
1 red pepper, cut into 1 cm x 1 cm blocks
1 yellow pepper cut into 1 cm x 1 cm blocks
1 small green pepper cut into 1 cm x 1cm blocks
½ red onion, cut into wedges
2 cups mozzarella /vegan cheese, grated

Method

1. Pre-heat the oven to 180 °C.
2. In a saucepan, heat the olive oil over a medium heat.
3. Fry the onions until translucent.
4. Add the celery and carrots, and
5. fry until golden.
6. Turn the heat to low, add the whole peeled tomatoes and cook for 25 minutes.
7. Season to taste with salt and pepper.
8. Place the pitas on a baking tray lined with baking paper.
9. Spread a tablespoon of tomato sauce over each pita and top with mozzarella cheese.
10. Line the veggies up in a rainbow pattern on top of the mozzarella cheese.
11. Bake in the middle of the oven for 20 min or until the cheese is melted and turning brown on the edges.



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