

ARCHIVED RECIPES

BREAKFAST PIZZA (SERVE 1)

Ingredients:

1/3 Gardenia Focaccia (about 72g), sliced in half length-wise
4 tbsp canned, chopped tomatoes
½ slice honey-baked ham, cut into strips
1 slice canned pineapple in juice, roughly chopped
2 tbsp low-fat mozzarella cheese
Black pepper to taste and chopped parsley to garnish

**Cooking Method:**

1. Spread chopped tomatoes on Gardenia Focaccia.
2. Add sliced ham, pineapple and cheese, season with black pepper.
3. Toast the pizza in a toaster oven until cheese has melted.
4. When pizza is ready, garnish with parsley and serve immediately.

Nutritional Information:

Energy : 291 kcals
Carbohydrate : 38g
Protein : 16g
Dietary Fibre : 1.7g
Total Fat : 8.3g
Sat. Fat : 4.0g
Calcium : 215mg