

*This is a tasty dish that even the kids can make. It's really important; I feel to get children involved in cooking and understanding what they are eating. This pizza takes about, 7 minutes preparation time and around 12 minutes baking. Perfect for a lunch time snack or add some extras for a fun tea time treat..*

## Ingredients

*1 whole meal or seeded wrap (use a flat bread if cooking for a family or dinner party)*

*½ Can of chopped tomatoes or 4 TBSP of tomato puree*

*100g Mozzarella or Ricotta*

*1 whole beef tomato or 6 cherry tomatoes*

*100g Spinach*

*1 tspn of Chilli flakes*

*\* Add toppings subject to taste*

- *Grill the wrap for around 8 minutes on a low grill setting (on until slightly crispy)*
- *Add the tin tomatoes or puree to the wrap*
- *Add the cheese and toppings as you wish*
- *Turn the grill to a medium heat setting and grill until the cheese has melted*
- *Approximate time 7 to 10 minutes*
- *Add a side salad or some healthy potato wedges to make a perfect sin free dinner.*

