



## STUFFED PITA PIZZAS

### Ingredients (1 Serving)

- Small whole grain pita pockets
- Shredded carrots
- Shredded cheese
- Tomato slices
- Sauces (barbeque, pizza or hummus)
- Any other favorite veggies

### Directions

- Preheat oven to 250°F.
- Wash and cut all vegetables.
- Open pita, cut in half and spread sauce of your choice.
- Fill pita with veggies and sprinkle with cheese.
- Bake in oven until cheese is melted (5-6 minutes).



**eat great  
& participate**

Supporting Wellness through Healthy Eating