



Nutrition and
Dietetics

Kids Pizza



Foto: Nadja Lenherr

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Ingredients

Yields approx.
1 serving

250 g flour
1 tsp. salt
1–2 tbsp. rapeseed
oil or olive oil
10 g yeast
0.15 l water

Preparation

Put flour in a bowl, add salt and oil. In a small separate bowl dissolve the yeast with water. Stir the dissolved yeast into the flour, starting from the center. Now let your kids knead vigorously until the dough becomes smooth and supple. Cover and let rise in a warm place until doubled in size (about 45 to 60 minutes).

Dust the work surface with a little flour and form small or large disks by hand (about 0.5 mm thin). Leave the edge a little thicker. Place the slices of dough on a baking tray prepared with baking paper.

Spread tomato sauce (fresh or preserved) onto the slices of dough. Do not spread the tomato sauce all the way to the edge but spare about 1 cm. Place your kids' favorite ingredients on top. There are no limits to creativity. Ham, salami, various vegetables such as peppers, zucchini, cherry tomatoes, carrots, corn, eggplant, mushrooms, olives as well as pineapple, eggs or a favorite cheese can be used.

Finally, scatter grated or chopped mozzarella on top. Season with salt, oregano and basil at your own discretion. Bake in preheated oven at 220°C for 15 to 20 minutes.

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