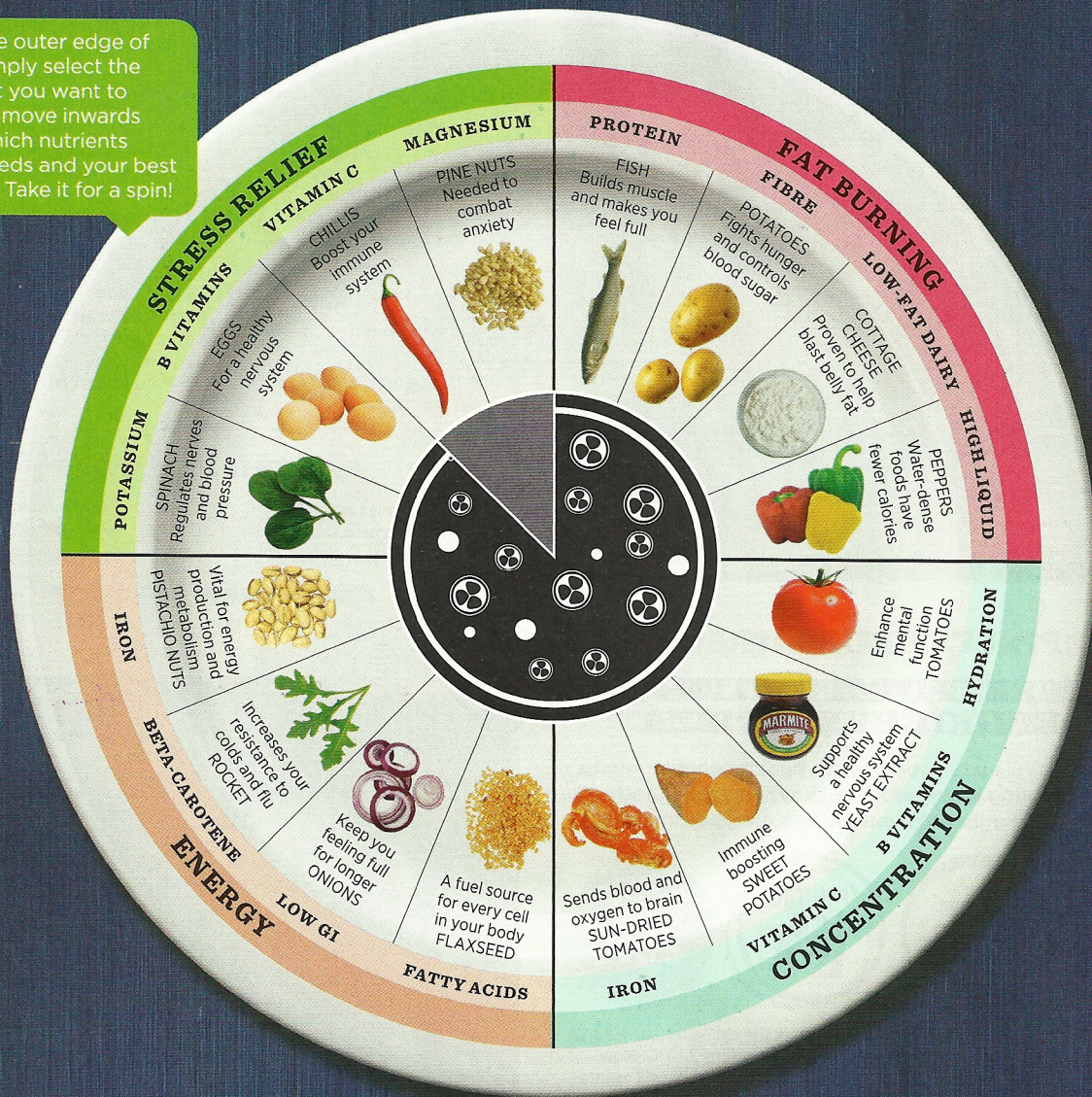


# Pizza that packs a healthier punch

Whether you want more energy, greater concentration, reduced stress or less fat (yes to all four, please!), spin the WH pizza topping wheel to find your perfect match

Starting at the outer edge of the wheel, simply select the health benefit you want to achieve, then move inwards to find out which nutrients your body needs and your best food sources. Take it for a spin!



## UPGRADE YOUR BASICS\*

### PIZZA DOUGH BASE

- 240g cake flour (for a fibre-packed base, substitute 50g with Allinson Wholemeal Seed & Grain Bread Flour (£1.39 for 1kg))
- 1tsp salt
- 10g sachet instant yeast
- 1tbsp milk
- 2tbsp olive oil
- 120ml lukewarm water

- 1/ In a large bowl, mix the flour with the salt, yeast, milk, oil and water.
- 2/ Now get stuck in and knead for 10 minutes on a floured surface. Or you can use a food processor. Wimp.
- 3/ Place the dough in a lightly oiled bowl, cover with cling film and set aside to rise for about 30 minutes.
- 4/ Punch down and knead again, then mould into six balls and roll out with a rolling pin. The thinner, the better. Place on a greased baking tray - and you're ready to make pizza. Top stuff.

### TOMATO & RED PEPPER PURÉE

- 1 onion, sliced
- 1 large punnet cherry tomatoes
- 2 cloves garlic, crushed
- 1 red pepper, seeded and quartered
- 4tbsp olive oil
- 1tsp sugar

- 1/ First, let's get that oven turned up to 220°C/425°F/gas 7.
- 2/ Now place all your ingredients in a large roasting pan and roast for 30 minutes or until the tomatoes look slightly darker and withered (basically, once they start to look like Michael Winner, they're done).
- 3/ Remove from the oven and purée in a food processor or hand-held blender until smooth. Now just leave your mix to cool before blobbing it on your base. See, it's a pizza cake. **WH**