

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Pita Bread Pizzas

1 pkg. Whole Wheat Pita Bread

1 can tomato sauce mixed with Italian Seasoning/Basil (approx. 2 tsp). You can substitute 1 can or jar of Italian tomato sauce.

2-3 tomatoes chopped

3 cloves garlic minced

1 tsp real salt (or to taste)

1 onion chopped

1 red bell pepper chopped

1 cup mushrooms chopped

1 can olives chopped



Combine tomatoes and tomato sauce in a bowl with the garlic, salt, and Italian seasoning/Basil. Sauté the onion and bell pepper for 5-10 minutes. Layer toppings on pizza as desired and bake for 10 minutes at 375 degrees. Top with chopped spinach, guacamole, and Nutritional Yeast Flakes.