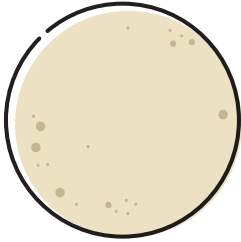


Pizza with a Twist

Ingredients

1 large whole-wheat tortilla



Sauce



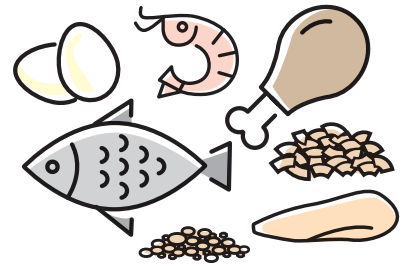
Vegetables and Fruit



Cheese



Meat and Alternatives



Directions

1. Pre-heat oven or toaster oven to 180° C (350° F).

2. Spread sauce over a whole-wheat tortilla. Sprinkle on cheese.

3. Add Vegetables and Fruit toppings and Meat and Alternatives toppings.

4. Roll up the tortilla. Hold closed with toothpicks if necessary.

5. Bake for 15 to 20 minutes or until lightly browned.

6. Cool for about two minutes, then cut into spirals.

