

Build Your Own Personal Pizza

Customize healthy pizza at home!

1. Create your crust:

- English Muffin
- [Mini Cauliflower Crust](#)
- [Mini Whole Wheat Crust](#)
- Tortilla

2. Slather your sauce:

- BBQ sauce
- Hummus
- Marinara sauce
- Olive oil
- Pesto

3. Choose your cheese:

- Cheddar
- [Dairy free cheese](#)
- Feta
- Mozzarella

4. Vary your veggies (pick 2-3):

- Bell peppers
- Broccoli
- Eggplant
- Jalapeños
- Mushrooms
- Olives
- Onions
- Pineapple
- Spinach
- Sun dried tomatoes
- Tomatoes
- Zucchini

5. Pick your protein:

- Canadian bacon
- Cannellini beans
- Chicken breast
- Chickpeas
- Ground turkey
- Pepperoni (low sodium)



Photo by [Engin Akyurt](#) on [Pexels](#).

Make your own unique pie or try one of these combinations on your favorite crust!

- **BBQ Chicken:** *BBQ sauce • mozzarella • pineapple • mushrooms • red onion • chicken*
- **Green Monster:** *pesto • mozzarella • feta • spinach • zucchini • broccoli*
- **Strong & Spicy:** *marinara • cheddar • jalapeños • mushrooms • bell peppers • pepperoni*
- **The Greek:** *hummus • feta • Kalamata olives • tomatoes • spinach • chickpeas*

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