



FLIPANY.
The Ingredient to a Healthy Life

Copycat "Lunchable" Pizza

COPYCAT "LUNCHABLE" PIZZA

Prep Time: 5 minutes

Cook Time: 5 minutes

Yields: 8 servings

Serving Size: ½ pita

INGREDIENTS

- 4 slices Whole-grain pita or whole-grain flat bread
- 1 cup Low-sodium pizza or spaghetti sauce, and low-sugar
- 4 low-fat mozzarella or cheese sticks
- ½ cup assorted colored bell peppers, diced
- ½ cup baby spinach and/or baby kale
- ¼ cup low-fat ricotta cheese
- ½ cup canned lentils, rinsed & drained

DIRECTIONS

1. Pull cheese sticks apart.
2. Cut the whole-grain pita in half. Spread 1 tbsp of pizza sauce on the inside of each pita half.
3. Layer strings of cheese in each pita half.
4. Add 1 TBSP each of remaining ingredients inside each pita half.
5. Place the pizza on a plate and enjoy!

Chef's Corner

Read the nutrition facts to make sure that there are no added sugars in the sauce.

If at home, you can toast in oven or toaster oven until cheese is melted.

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FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.



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