

## **Pizza (Serves 1)**

### **Ingredients**

40g self-raising flour plus extra for dusting

Salt

2 tablespoons MCT Oil

10ml water

1 spring onion, sliced

2 mushrooms, chopped

15g tinned tomatoes

Pinch dried herbs

Pepper

### **Method**

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 5.
2. Mix together the flour, a pinch of salt, 10ml of oil and the water to make a dough ball.
3. Flatten to form a 4" round on a non-sticking baking tray and cook for the 7 minutes in the oven.
4. Gently heat the remaining oil and fry the onions and mushrooms, remove from the heat.
5. Stir in the tomatoes, season to taste and add the dry herbs.
6. Spread on the pizza base and bake for approximately 10-15 minutes.

### **Variations**

Additional allowed fruit or vegetables can be used as pizza toppings.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics