



BLACKMORES®

Vegetarian
Makes 4 small pizzas

Rainbow ribbon pizzas

These pizzas are a sure-fire way for kids to fall in love with veggies and get them on their way to five-a-day.

Ingredients

Spelt dough

- 1 cup warm water (not hot*)
- 2 tablespoons raw sugar
- 2¼ teaspoons active dry yeast
- 2½ cups spelt flour
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fine sea salt

Super green pesto

- 1 cup torn kale (no stems) or baby spinach leaves
- 1 cup fresh basil leaves, stalks removed
- ½ cup extra virgin olive oil
- ¼ teaspoon salt (more to taste)
- 1 small clove garlic, peeled
- 1 tsp dried oregano
- Juice of one lemon
- ½ cup raw pumpkin seeds
- ½ cup grated parmesan

Toppings

- 1 small chunk of butternut pumpkin or a small sweet potato, peeled
- 1 medium beetroot, peeled
- 1 zucchini or asparagus spears, washed
- 200g baby bocconcini balls, torn into pieces
- Extra basil and pumpkin seeds, to top

It can be hard to get your little ones to love their veggies - but not with this recipe! These rainbow ribbon pizzas are not only appealing to the children but they have five different vegetables contained within each one.



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[Blackmores.com.au/superkids](https://blackmores.com.au/superkids)



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How to make

1. In your stand mixer with the dough paddle attached, add the warm water to the mixing bowl then sprinkle the sugar and yeast on top.

Leave the yeast to activate for around 10 minutes or until the a bubbly foam has formed on the surface of the water.

2. Once your yeast is activated, turn your mixer onto a slow speed and add half the flour, the oil and salt.

Allow to mix for around 10 seconds and then add the remaining flour. Once a dough is forming, increase the speed of your mixer to a medium pace and allow it to knead your dough for 5 minutes.

Once the dough is smooth and tacky (it shouldn't be sticky), remove it from the mixer and shape it into a ball on a floured surface then transfer it to an oiled glass or stainless steel bowl.

Cover with a tea towel and allow it to rise at room temperature for at least 30 minutes or until the dough has doubled in size.

3. To prepare your pesto, place the kale and basil into your blender or processor and blitz three to four times to break down the leaves.

Add the remainder of the pesto ingredients and process on a medium-high speed until it resembles your desired consistency.

Taste and adjust as needed then set the pesto aside.

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4. Make your ribbons by running a peeler down the length of the vegetables to create long strips that can be curled on top of the pizzas.

You will need to go around the beetroot to get long, curling strips. Now your toppings are ready.

5. Once the dough is ready, remove it from the bowl and divide it into four even-sized balls.

Set up two pieces of baking paper (two pizzas per piece) then, on a floured surface, roll each ball out into a thin, round pizza shape and place each one onto the baking paper sheets.

Brush the edges with olive oil and then spread the pesto over the top of each one. Lay the vegetable ribbons over the pesto, curling them around as you go and then dot each pizza with the torn baby bocconcini balls.

6. To cook the pizzas, place the pieces of baking paper with the pizzas on top straight onto the wire racks in your oven* and let them cook for 12-15 minutes, until the edges of the ribbons are slightly charring, the cheese has melted and the pizza dough is golden and crunchy.

Top with fresh basil leaves, pepitas and an extra drizzle of olive oil before serving.

If your oven is small or you cannot fit all four pizzas on one wire rack, cook them in two batches.

Recipe by Roberta Nelson
Follow Roberta on Instagram [@naturomedico](https://www.instagram.com/naturomedico) for
more healthy eating inspiration!

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