

Tofu Pizza

spread pizza base with pasta sauce (I used Turkish Bread thin & crispy pizza bases in a pink packet - ingredients are flour (wheat), filtered water, olive oil, iodised salt, bicarbonate of soda & folic acid, but feel free to make your own if you have time!!)

add chopped onion (red or brown both are nice)

completely cover pizza in pieces of marinated tofu (I marinate in tamari sauce & garlic), red/green pepper, mushrooms etc.

sprinkle with decent amount of chopped silver beet

I put a good squirt of smoked hickory sauce on next which I think is the secret ingredient as this gives the pizza it's yummy flavour (prob not that healthy though, as it is processed)

sprinkle with sesame, pumpkin & sunflower seeds

bake approx 15 mins at 200 degrees