

Ingredients

12 whole wheat pita pocket (Ezekiel)	1 pkg spinach
1 red onion, sliced	1 recipe Lifestyle Pesto (see recipe)
1 red pepper, sliced	1 recipe Pizza sauce, see recipe
1 yellow pepper, sliced	1 recipe vegan parmesan cheese
1 green pepper, sliced	
2 pkg mushrooms, sliced	
4 fresh Roma tomatoes, thinly sliced	

Instructions

Pre-heat oven to 425 degrees. Make Pizza sauce recipe. Saute onions until translucent. Add garlic and saute another minute. Add crushed tomatoes. Bring to a simmer. Add fresh basil and oregano. Simmer on low, stirring often, for about 15 minutes.

While sauce is simmering make vegan parmesan cheese in food processor. Blend 3/4 cup raw cashews, 3 Tbsp nutritional yeast, 1/2 tsp salt and 1/4 tsp garlic powder until a fine meal is achieved. Store in refrigerator to keep fresh; lasts for several weeks.

Make pesto using food processor. Blend 1/3 cup olive oil, 4 garlic cloves, 1/4 cup nutritional yeast and 1 cup chopped fresh basil until desired consistency, adding more oil as necessary. Using whole wheat pita pockets as crust, add various toppings as desired. Bake pizzas 10-15 minutes or until golden brown.

Nutrition Information Per Serving

Serving Size 1 each

Serves 12