

Pizzas

Serves 12 - 1 each

amount	unit	Ingredients:
12	each	whole wheat pita pocket (such as Ezekiel)
1	each	red onion, sliced
1	each	red pepper, sliced
1	each	yellow pepper, sliced
1	each	green peppers, sliced
2	pkg	mushrooms, sliced
4	each	fresh Roma tomatoes, thinly sliced
1	pkg	spinach
1	recipe	Lifestyle Pesto, see recipe
1	recipe	Pizza Sauce, see recipe
1	recipe	Plant Based Parmesan Cheese, see recipe

Instructions: Pre-heat oven to 425 degrees. Make Pizza Sauce Recipe- Saute onions until translucent. Add garlic and sauté 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 $\frac{3}{4}$ cup raw cashews, 3 Tbsp nutritional yeast, $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ 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 $\frac{1}{3}$ cup olive oil, 4 garlic cloves, $\frac{1}{4}$ 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.