

Adios™

A natural aid for slimming



MARGHERITA PIZZA

Serves: 4

Calories per serving: 115

Ingredients

400 g (14 oz) of canned chopped tomatoes

1 tbsp tomato puree

Pinch of oregano

30 cm (12 inch) thin pizza base

85 g half-fat mozzarella cheese, grated

2 tomatoes, sliced thinly

Freshly ground black pepper



Method

- 1 Preheat oven to 220°C/425°F/Gas Mark 7.
- 2 Place the chopped tomatoes, tomato puree and oregano in a pan. Simmer for 5 minutes until you have a thick, pulpy sauce.
- 3 Spread the tomato sauce over the pizza base to within half an inch/1 cm of the edges. Sprinkle with the cheese and top with the slices of tomato.
- 4 Season and place directly on an oven shelf. Bake for 15-20 minutes.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: