

Rainbow Pepper Pizza!

Try this easy to make recipe for personal size pizzas for you and your friends!

Make sure you have an adult help while making this.

Ingredients:

- ⊃ ½ whole wheat bagel
- ⊃ 1 Tbsp red tomato sauce
- ⊃ 1 Tbsp Diced onion
- ⊃ 2 Tbsp Diced red, yellow and green bell peppers
- ⊃ ¼ cup of grated mozzarella cheese

Tools:

- ⊃ Toaster
- ⊃ Microwave

What to do:

1. Have an adult help you cut up the onion and peppers into little pieces.
2. Toast the bagel lightly until it is golden brown.
3. Spread the tomato sauce over the bagel.
4. Sprinkle the onion and pepper all over the sauce.
5. Top with cheese.
6. Put in the microwave for 20 seconds or until the cheese is melted.
7. Enjoy with friends and family!

You can use this recipe to make any kind of pizza you want! Just substitute the onions and peppers for other toppings of your choice.

Nutrition Information:

Serving size: ½ bagel
Makes 1 serving

Calories: 220 kcal

Protein: 13 g

Total Carbohydrate: 29 g

Dietary fiber: 3 g

Total fat: 5.6 g

Sodium: 500 mg

Vitamin A: 13% daily required value

Vitamin C: 100% of daily required value

Calcium: 18% of daily required value