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## Mini Pita Pizzas



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Add veggies that you love, I have used sautéed mushrooms, garlic, red onions, fresh tomatoes and basil. You can also experiment with sliced chicken, ground turkey

100% Whole Wheat Mini Pitas

Olive or Grape seed oil

Shredded Part Skim Mozzarella Cheese

Natural Pizza Sauce

Arrange pitas on a cookie sheet and lightly brush with oil. Top with pizza sauce, veggies and mozzarella. Bake until cheese is melted. Enjoy as an appetizer, snack or meal! I made this recipe for a jewelry party I had as an appetizer but tonight it will be dinner and a side salad!

I love pizza and so does the rest of my family. This is a healthy and easy way to satisfy those cravings without all the grease and fat.

Every once in a while you have to indulge in the things you like but it is important to have them in moderation. You can make substitutions that won't wreck all the hard work that you put into your body.