

Pizza “Mizza”

Cooking Instructions

- 1. **Prepare the dough:** Mix whole wheat flour, water, olive oil, and salt. Knead until smooth and let it rest for 1 hour.
- 2. **Preheat oven** to 220°C (428°F).
- 3. **Roll out the dough** into a thin base and place on a baking tray.
- 4. **Spread tomato sauce** evenly over the base.
- 5. **Layer toppings:** Start with spinach, beans, chicken, red onion, and sprinkle both Motal and mozzarella cheese.
- 6. **Season** with oregano and basil.
- 7. **Bake** for 12–15 minutes until crust is golden and cheese is bubbling.

Pizza Ingredient Table

| Ingredient | Grams | Protein (g) |
|----------------------------------|-------|-------------|
| Whole wheat flour | 150 | 6 |
| Water | 100 | 0 |
| Olive oil | 10 | 0 |
| Salt | 3 | 0 |
| Tomato sauce | 80 | 2 |
| Motal cheese | 60 | 12 |
| Mozzarella cheese | 50 | 10 |
| Cooked red beans | 70 | 5 |
| Chicken breast (grilled, sliced) | 80 | 20 |
| Spinach (fresh) | 30 | 1 |
| Red onion (sliced) | 20 | 0.5 |
| Oregano & basil | 5 | 0 |

Health Notes

- **High in protein:** Thanks to chicken, beans, and Motal cheese, this pizza supports muscle recovery and satiety.
- **Balanced carbs:** Whole wheat flour provides complex carbohydrates and fiber.
- **Healthy fats:** Olive oil and cheese contribute beneficial fats.
- **Micronutrients:** Spinach and onions add vitamins A, C, and antioxidants.

The Pizza “Mizza” is great for post-workout meals or anyone aiming to increase protein intake while keeping the pizza delicious and satisfying.