

# Pizza “Tuna-Kiss”

## Cooking Instructions

**Prepare the dough:** Mix oat flour, water, olive oil, and a pinch of salt. Knead until smooth and let it rest for 45 minutes.

**Preheat oven to 210°C (410°F).**

**Roll out the dough into a medium-thick base and place on a parchment-lined tray.**

**Spread a thin layer of Greek yogurt mixed with lemon juice as the base sauce.**

**Add toppings:** Sliced tuna, sweet corn, cherry tomatoes, red onion, and sprinkle with feta and low-fat mozzarella.

**Season with black pepper and thyme.**

**Bake for 10–13 minutes until edges are crisp and cheese is lightly browned.**

## Pizza Ingredient Table

Ingredient	Grams	Protein (g)
Oat flour	140	5
Water	100	0
Olive oil	10	0
Salt	2	0
Greek yogurt (2% fat)	60	6
Lemon juice	10	0
Tuna (canned in water, drained)	80	18

## ● Why Tuna Can Be Good for Your Health

### 1. High in Protein

Tuna provides over **40g of protein per can**, which helps with satiety, muscle maintenance, and weight management. [\[health.com\]](#)

### 2. Rich in Omega-3 Fatty Acids

Tuna contains **EPA and DHA**, essential fats that support **heart health**, reduce inflammation, and improve brain and eye function. [\[eatingwell.com\]](#)

### 3. Low in Carbs & Saturated Fat

Ideal for low-carb diets like keto, tuna is naturally free of carbohydrates and low in saturated fat. [\[healthline.com\]](#)

### 4. Packed with Micronutrients

Tuna is a great source of **vitamin D, selenium, iodine, and B12**, which support bone health, immunity, and red blood cell formation. [\[webmd.com\]](#)

### 5. Convenient & Versatile

Canned tuna is shelf-stable, affordable, and easy to prepare — from salads to sandwiches to casseroles. [\[thehealthy.com\]](#)

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## ● Why Tuna Can Be Bad for Your Health

### 1. Mercury Contamination

Tuna, especially larger species like albacore and bigeye, can contain **high levels of mercury**, which may harm the nervous system, especially in children and pregnant individuals. [\[medicalnewstoday.com\]](#)

### 2. Environmental Concerns

Overfishing and unsustainable practices can damage marine ecosystems. Choosing **sustainably caught tuna** is important. [\[health.com\]](#)

### 3. Sodium Content in Canned Tuna

Some canned varieties are **high in sodium**, which may not be suitable for people with hypertension or heart conditions. [\[healthline.com\]](#)

### 4. Risk of Overconsumption

Eating tuna daily may lead to **mercury buildup**. Experts recommend limiting intake to **2 servings per week** for most adults. [\[medicalnewstoday.com\]](#)

Remember also add to your pizza following ingredients:

Ingredient	Grams	Protein (g)
Sweet corn (boiled)	50	2
Cherry tomatoes (halved)	40	1
Red onion (sliced)	20	0.5
Feta cheese	40	7
Low-fat mozzarella	40	8
Black pepper & thyme	3	0

### Health Notes

- High in lean protein: Tuna, Greek yogurt, and cheeses support muscle maintenance and satiety.
- Lower carb base: Oat flour offers fiber and slower-digesting carbs.
- Light sauce alternative: Greek yogurt provides probiotics and reduces calorie load.
- Micronutrient boost: Tomatoes, onions, and corn add vitamins and antioxidants.

The Pizza "Tuna-Kiss" is ideal for light dinners or post-cardio meals, offering a refreshing twist on traditional pizza with a Mediterranean flair.