

Whole Wheat Pita Pizzas with Black Bean & Spinach

This is a quick, easy homemade pizza recipe that children of all ages could get involved in making and who knows might even end up volunteering to do the dishes as well. Made with a healthier whole wheat pita used as the crust can be stored frozen and thawed whenever needed. Any type of (Whole Wheat/Regular/Gluten Free) pita or size will work for this recipe and could even be swapped out for Whole Wheat English Muffins too. We also create our own basic homemade sugar free pizza sauce that can be stored frozen and used for your next pizza night as well.

Ingredients:

8	4" Whole Wheat Pita
156 ml	Tomato Paste
2 Cups	Water
1 Tsp	Salt
1 Tbs	Oregano
1 Tbs	Basil
1 Tbs	Italian Herb Seasoning
1 Tsp	Garlic
1/2 Tsp	Onion Powder
1 Cup	Spinach
1/2 Cup	Black Beans
1 1/2 Cup	Mozzarella Cheese

Directions:

1. Add Tomato Paste, Oregano, Basil, Italian Herb Seasoning, Onion Powder, Salt plus Garlic Powder in a sauce pot, Add the majority of water and adjusting as needed to make a consistency that will coat a spoon. Simmer for 5 mins and remove from heat.
2. Rinse Black Beans and warm for a few minutes then remove from heat.
3. Preheat Oven to 425 degrees Fahrenheit.
4. Begin Preparation of spinach by washing and chopping into smaller pieces to sprinkle on pizza.
5. Set up Cheese, Spinach, Black Beans and Sauce cooled into individual bowls for easy assembly.
6. Place Pita Crusts on Baking sheet.
7. Spread sauce evenly covering pita to the edges.
8. Sprinkle Black Beans and Spinach all over crusts covered with sauce.
9. Add Cheese to cover all of the toppings.
10. Bake for several minutes until the cheese is melted and edges are golden brown.
11. Remove from oven and cut into mini slices.
12. Serve and Enjoy.