



# Vegetarian Pizza Scrolls

SERVES: 16

## INGREDIENTS:

- 1 cup wholemeal self-raising flour
- 1 cup greek yoghurt
- 3 tbsp tomato paste
- 1 tsp oregano, fresh or dried
- ½ red onion, finely sliced
- ½ red capsicum, diced
- 1 cup baby spinach
- 1 cup light tasty cheese, grated



## METHOD:

1. Preheat oven to 190°C and line a baking tray with baking paper
2. In a large bowl, combine flour and Greek yoghurt until it comes together to form a ball. If the dough is too sticky, add a little extra flour
3. Tip dough out on to a lightly floured surface and knead for 5 minutes or until dough feels soft and stretchy
4. Using a floured rolling pin, roll dough out to a rectangle (approximately 30 x 20 cms)
5. Spread tomato paste over the dough, top with oregano, baby spinach, capsicum, red onion and grated cheese
6. Roll the dough up as tightly as possible horizontally, so that you end up with a long sausage shape
7. Slice in to 16 pieces and arrange on the baking tray, cut side up, approximately 2cm apart
8. Bake for 10 – 15 minutes or until lightly golden