

Pizza

INGREDIENTS

These have to be individually calculated for each patient as per the calories and ratio being used for that patient



- ⦿ Soy powder
- ⦿ Eggs
- ⦿ Tomatoes
- ⦿ Capsicum
- ⦿ Cheese
- ⦿ Oil / Ghee (clarified butter) – or – Butter
- ⦿ Sugar free Natura pellets (Splenda, sucralose), salt and pepper to taste

PROCEDURE

- ⦿ Mix soy powder, eggs, salt, pepper & water.
- ⦿ Heat the oil in a non-stick pan, add this batter & spread evenly.
- ⦿ Cook both the sides.
- ⦿ Blanch tomato, drain excess water & make pulp.
- ⦿ Add salt, red chilli powder & saccharin to this pulp & make sauce out of it.
- ⦿ Apply the sauce on the pancake & top it with finely chopped capsicum & tomatoes, grated cheese & butter.