

SWEET POTATO PERSONAL PIZZA



INGREDIENTS:

- 4 oz sweet potato, peeled & cubed (raw)
- 1/4 cup oats
- 1 egg
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp oregano
- 1/4 cup pizza sauce
- 1/4 cup fat free mozzarella cheese
- 4 - 6 basil leaves

DIRECTIONS:

1. Preheat the oven to 400°F
2. Process sweet potato, oats, egg, and seasoning in a food processor (or blender) until combined and a dough-like consistency forms. Push down with a rubber spatula as needed.
3. Spread dough on parchment paper on a baking sheet (in a circle) about 1/4 inch thick.
4. Lightly spray cooking spray over the dough.
5. Bake the dough for about 15 minutes.
6. Remove from the oven and let cool for 5 minutes.
7. Flip the pizza dough over and top with pizza sauce, cheese, and a few basil leaves.
8. Lightly spray the crust with cooking spray.
9. Bake for 8 - 10 minutes, until the cheese is melted and the edges are golden brown.

Enjoy!

Makes 1 Serving

Calories: 330 | Protein: 20 g | Carbs: 45 g | Fat: 8 g