



## Veggie Infused Pizza

ingredients | 2 person (4 person)

*Put away the chopping block. All your freeze dried ingredients are ready for cooking!*

### grab from your box

**Country White Dough Mix** | 2 cups (3 ¾)

**Instant Yeast** | 1 tsp. (2 ¼ or 1 pkt.)

#### Veggie Mix #1

Cauliflower | ½ cup (⅔)

Broccoli | ½ cup (⅔)

**Italian Seasoning** | ½ Tbsp. (1)

#### Tomato Sauce with Basil

Basil | ½ Tbsp. (1)

Tomato Sauce Mix | ¼ cup (½)

**Mozzarella Cheese** | 1 cup (2)

#### Veggie Mix #2

Spinach | ½ cup (1)

Mushrooms | ⅓ cup (⅔)

Onion Slices | ¼ cup (½)

Red Bell Peppers | ⅓ cup (⅔)

### grab from your pantry

**Granulated Garlic** | ½ tsp. (1)

**Butter or Oil** | 2 ½ Tbsp. (⅓ cup)

**1 hour  
30 minutes**

AS PREPARED

410 CALS / FATS 21G / PROTEIN 17G / SODIUM 770MG

## What's on the Box?

Check your box for the icon and follow 2 or (4 person) measurements.



2 Person



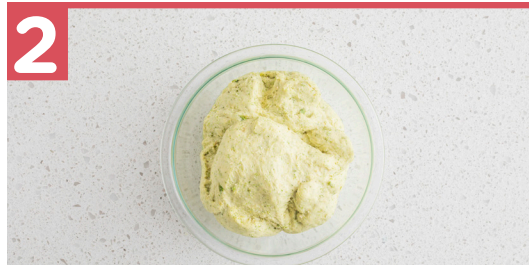
4 Person

**kitchen gadgets:** 1 (2) Pizza Pan(s), Blender, Mixer, Pastry Brush, Bowl, Medium Sauce Pot.

**chef tip:** No mixer? Make pizza dough in a bowl, then knead by hand for 5-7 minutes.



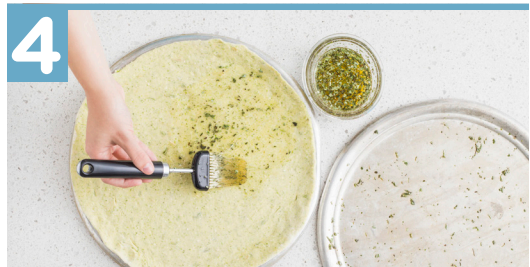
See note above! In a blender, blend **veggie mix #1** to a powder. In a mixer, add **country white dough mix**,  $\frac{1}{2}$  cup + 2 Tbsp. (1  $\frac{1}{4}$  cups) **warm water**, veggie powder and 1 tsp. (1 pkt.) **yeast**. Mix on low with dough hook until dough comes together. Mix on medium and knead for about 5 minutes.



Place dough in a greased bowl and cover with plastic wrap. Once dough has doubled in size (about 1 hour), roll out on counter top into one round pizza (4 person meal makes 2 pizzas). While dough is rising, move on to Step #3.



Refresh the **mozzarella** with 2  $\frac{1}{2}$  Tablespoons ( $\frac{1}{3}$  cup) of **water** in a medium lidded container. Allow to soften by tumbling every few minutes. Like the mozzarella, refresh **veggie mix #2** with 2  $\frac{1}{2}$  Tablespoons ( $\frac{1}{3}$  cup) of **water** in a lidded container. Tumble and set aside.



Preheat oven to 400 degrees. Mix 2  $\frac{1}{2}$  Tablespoons ( $\frac{1}{3}$  cup) **melted butter or oil**,  $\frac{1}{2}$  (1) teaspoon **granulated garlic**, and **Italian seasoning**. With a pastry brush, brush half of the mixture on pizza pan(s) and place rolled dough onto the pan. Brush remaining butter mixture on top of pizza dough.



For sauce, in a medium sauce pot, bring 1 (1  $\frac{3}{4}$ ) cup of **water** to a boil, then add **tomato sauce with basil**. Allow to simmer for 1-2 minutes, then take off heat.



Spread prepared tomato sauce onto pizza dough, adding as much as desired. Sprinkle the veggie mix on the pizza followed by mozzarella. Bake for 15-18 minutes or until lightly browned.

55/09

## Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



# Nutrition Facts

4 servings per container

**Serving size** 1/4 pizza (104g)

**Amount per serving**

**Calories** 330

**% Daily Value\***

**Total Fat** 12g 15%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 770mg 33%

**Total Carbohydrate** 44g 16%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 17g

Vitamin D 0mcg 0%

Calcium 354mg 25%

Iron 3mg 15%

Potassium 436mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Nutrition Facts

8 servings per container

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**INGREDIENTS:** COUNTRY WHITE DOUGH MIX (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES], SKIM MILK POWDER, HONEY CRYSTALS [REFINERY SUGAR, HONEY], SHORTENING POWDER [SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, AND DISODIUM PHOSPHATE], SALT, THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT [WHOLE EGGS, YOLK, EGG WHITES (GLUCOSE REMOVED FOR STABILITY)], DOUGH ENHANCER [WHEAT FLOUR, CALCIUM SULFATE, AND 2% OR LESS ENZYMES]), FREEZE DRIED MOZZARELLA CHEESE\* (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ANNATTO COLOR), SPINACH\*, CAULIFLOWER\*, RED BELL PEPPERS\*, BROCCOLI\*, ONION\*, YEAST, MUSHROOMS\*, SPICES\*.

\*FREEZE DRIED

**CONTAINS: MILK, WHEAT, EGG, SOY.**