

birdie pizza

MAKE A
DELICIOUS
PIZZA FOR
YOUR BIRD!

INGREDIENTS

16-bean mix

Asparagus

Bell pepper

Parsley

Corn

1 cup whole-wheat flour

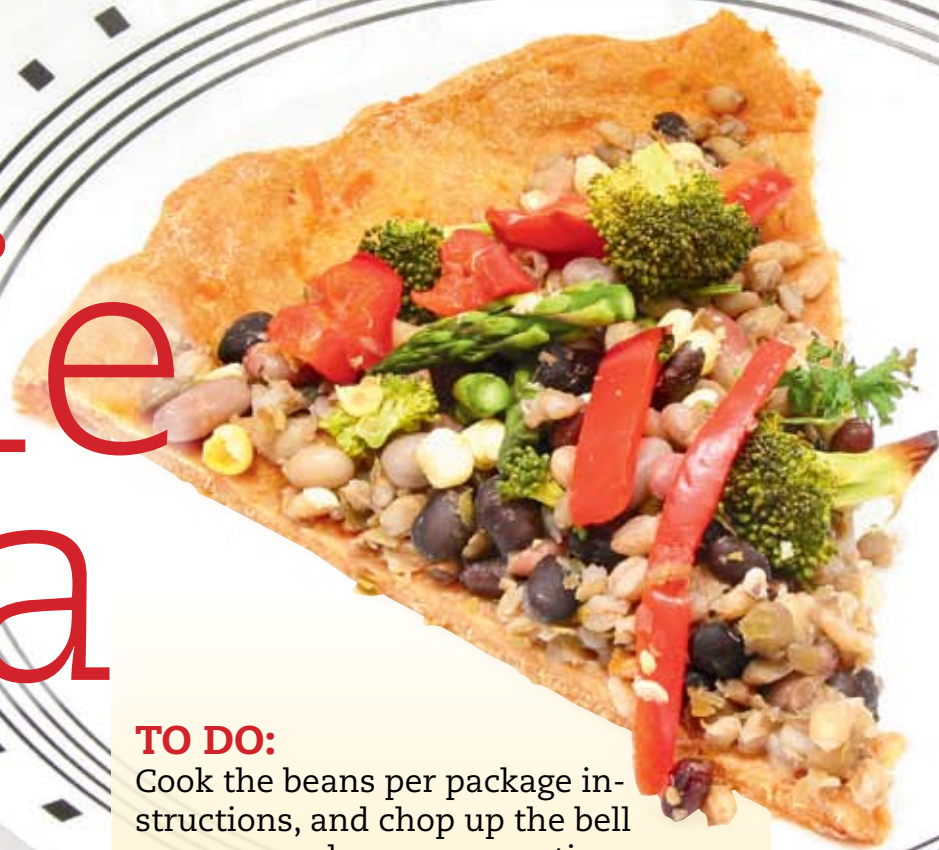
3/4 cup all-purpose flour

Sweet potato

1 teaspoon dry yeast

1/2 teaspoon salt

3/4 cup hot water



TO DO:

Cook the beans per package instructions, and chop up the bell pepper, parsley, asparagus tips, corn kernels and half of the sweet potato. Set aside for later.

Boil the second half of your sweet potato until it's mushy. Leave it to cool and start making the sweet potato dough.

Mix the yeast and hot water until it foams; keep it as warm as possible. Mix the two flours with the mashed sweet potato. When the dough is ready, pour the water-yeast mix and mix the dough until smooth. Place the dough in plastic wrap and leave for one hour.

Once the dough is up to twice its size, preheat the oven at 425 degrees. Spread out on a pizza pan (or any pan that you can roll out the dough as thin as possible) and bake for 425 degrees for 5 minutes.

Spread your cooked beans as a base along the dough (in place of sauce), and evenly spread out the chopped vegetables. Bake for another 5 minutes. Cool before serving.