



News & Events

Nutritious Pizza Scrolls

BY DR LAUREN BURNS PUBLISHED ON: JULY 11, 2022 CATEGORIES: BLOG, NUTRITION



Everyone likes pizza right? Pizza scrolls are always a winner and a great way to pack a variety of nutrients into their cheesy folds ... not to mention cater to a variety of tastes!

This recipe uses spelt flour which is easier on digestion than a refined wheat flour. It is a great source of fibre and is rich in iron, magnesium, zinc and vitamin B6. Pizza scrolls are a great way to incorporate vegetables into meals for children. Some good additions include red capsicum, spinach, olives and mushrooms. For protein you can play around with cheeses that pair well with the ingredients you are using; these can include a lovely tasty or cheddar cheese, fetta, bocconcini or mozzarella. Getting children involved in choosing their own ingredients can also bolster enthusiasm!

Homemade pizzas feature on the Niño ELA winter menu so we thought you might like some pizza inspiration for home.

Enjoy!

Pizza Dough

Ingredients

- 250g warm water
- 2 teaspoons dried yeast
- 400g spelt flour (or half spelt, half bakers flour)
- 40ml olive oil
- 1 teaspoon salt

Method

Combine the water and yeast together. Add flour, olive oil and salt and mix well. Knead for a few minutes until dough comes together. Rest in an oiled bowl for 30-40mins or until almost doubled in size.

Pizza Scrolls

Standard Ingredients

- ¼ cup (70g) tomato paste, or pizza sauce
- 1 cup tasty cheese, grated
- ½ cup Mozzarella, sliced
- Dried oregano or fresh basil leaves

Ingredient Combinations

Loaded

- 100 grams sliced mild salami, cut into thin strips
- ½ a medium red capsicum, roughly diced
- ½ cup baby spinach leaves
- 2 tablespoons pitted kalamata olives, roughly chopped

Spinach and Fetta

- 1-2 cups baby spinach leaves
- ½ cup fetta, crumbled

Ham and Pineapple

- ½ cup good quality ham, roughly chopped or torn
- ½ cup pineapple chopped into small pieces

Method

Preheat oven to 180°C. Line a 20cm x 30cm rectangular slice pan with baking paper.

Divide dough into two portions. Roll each into a rectangle shape and spread with tomato paste, top with desired ingredients. Roll dough tightly from long side, then cut in sections approximately 2 inches apart. Trim the ends. Place scrolls, cut-side up, on the baking paper. Sprinkle with any remaining cheese.

Bake scrolls for 30-35 minutes or until browned lightly and cooked through. Transfer to a wire rack.

Notes: Pizza scrolls are best eaten fresh out of the oven but can also be used for school lunches or warmed the next day.

Dr Lauren Burns (PhD) is Niño ELA's Nutritional Ambassador, an Olympic gold medalist and a leading nutritionist who shares our passion for building healthy eating habits for life.

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