

High Fiber Bread Pizza

Ingredients:

- 2 slices whole wheat bread (pre-toasted in oven for 5 minutes)
- 1 tsp butter
- 2 tbsp tomato ketchup
- 2 tbsp cheese spread
- Half medium size potato (boiled, peeled and mashed)
- 2 tbsp shelled corn (boiled)
- 4 slices of green capsicum
- 1 tbsp grated carrot
- 2 slices of tomato
- 4 tbsp of **Amul Pizza Cheese** (Mozzarella) (grated)

Method:

Preparation of Potato spread:

- Mix the mashed potato with the cheese spread, salt and pepper to taste. Keep aside.

Assembling the bread pizza:

- Spread the butter on top and bottom of the bread slice.
- Spread the tomato ketchup on each slice.
- Apply the potato spread.
- Sprinkle the grated carrot.
- Arrange one-two capsicum slice and put the boiled corn in between each slice of capsicum.
- Arrange tomato slices in the vacant spaces.
- Sprinkle **Amul Pizza Cheese** (Mozzarella) on top.
- Grill in pre-heated oven till done.
- Cut each slice into triangles and serve with tomato ketchup.

Tortilla Rolls

Ingredients:

- 1 doz. tortilla (any brand with no lard) from the supermarket
- 1 pack **Amul Pizza Cheese** - room temperature
- 3 - 4 pickled jalapeno finely chopped (optional)
- 1 medium size tomato finely chopped (optional)

Method:

- Warm up tortilla in a pan which will help you roll them easily.
- Mix all other ingredients. Spread the mixture on the tortilla then roll them.
- Cut the rolls in 2 to 2 1/2 centimeter sized bits.
- Arrange them in a plate and serve by itself or with hot salsa (hot sauce can be made at home or bought from any supermarket).