



Spin Your Own Axis

Honey Sriracha Veggie Flatbread Pizza

This week's recipe is an example of how to add a spin to your weekly meal prep routine by switching things up a bit. Homemade pizza recipe is a win-win resolution for the entire family, especially when you have little ones in the family.

Tired of chasing the kids down to eat their veggies and fruits? Tired of eating out at processed food chains? Tired of craving pizza but think you can't have any because you have a new lifestyle and people say it's a "bad food"?

Then, this just the perfect recipe to help you add the veggies/fruits to your kids' meals and yours, stay home and cook homemade quality meals full of non-inflammatory ingredients, and simply the recipe to help you build a BALANCE into your healthier lifestyle. **#tasty.balanced.fast**



- **Prep Time:** 10 minutes
- **Cook Time:** 40 minutes
- **Total Time:** 50 minutes
- **Serving:** 1

Ingredients

- 1 Flatbread
- 4 oz Chicken breast
- 1.4 oz Mild Italian Chicken Sausage
- 1 oz Spinach
- 1 oz Mushrooms
- 2.5 Tbsp Honey Sriracha BBQ sauce
- 25g Green bell peppers
- 50g tomato
- Red onion (your preference)
- 1 oz pineapple
- Tint of cilantro
- Tint of jalapeno
- Avocado oil spray or (your preference)

Instructions

1. Clean and season chicken breast. Marinate for an hour prior. (your preference on marinating time and seasonings)
2. Prepare inside or outside grill and place marinated chicken on the grill on low-medium fire and let it cook slowly on one side until cooked then flip on the next side.
3. Preheat oven to 350, while oven is heating prepare and chop ingredients (sausage, spinach, mushroom, bell peppers, tomato, onions, jalapeno)
4. Prepare sheet pan and spray with coconut oil spray or avocado oil spray. (your preference)
5. Place flatbread on sheet pan and begin to assemble by topping it off with the honey sriracha bbq sauce first, followed by spinach, bell peppers, chicken, sausage, pineapple, mushroom in this order.
6. Once all ready, place in oven to bake for 25 minutes, depending on how crispy you prefer your flatbread leave in for an extra 5 minutes.

7. Once fully cooked altogether. Sprinkle red onion, jalapeno and cilantro at based on your preference.
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

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| • Serving Size: 1/5 | Calories: 345 |
| • Carbohydrates: 40g | Sodium: 625mg |
| • Fat: 7g | Sugar: 12g |
| • Protein: 41g | Iron: 15% |
| • Fiber: 13g | |