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BE VITAL

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Mushroom and Sausage Protein Pizza

Eating well doesn't have to mean saying goodbye to pizza.

Check out this yummy, guilt-free alternative featuring Ideal Protein Packet Play!

You will need:

1. Skillet
2. Coconut oil
3. Ideal Protein Potato Puree (2 packets)
4. Water
5. Favorite pizza toppings (mushrooms, sausage, and other toppings of choice)
6. Low-sugar tomato sauce

To make:

1. Melt coconut oil in hot skillet
2. Mix two packs of potato puree with 2-3oz of water until desired consistency is reached
3. Form mixture into two balls and flatten onto hot skillet
4. Brown each side for 2-3 minutes
5. Brown pizza toppings including onions, peppers, mushrooms and sausage
(add spices to your liking)
6. Top "pizza" with low-sugar tomato sauce and toppings
7. Slice and enjoy!

Makes 2 servings.