



CHEESY COURGETTE PIZZA

This has to be one of my favourite recipes ever! Prep your pizza base in just 15 minutes with only two ingredients – no kneading and no need to let the dough rise. Simple! This is the ultimate tasty finger food from 6 months, and can even be popped into packed lunches.

🍳 2 x 18cm (7in) pizzas
(1 adult and 2 littles)
🕒 15 minutes

PIZZA DOUGH

8 heaped tbsp self-raising
(self-rising) flour, plus
extra if needed
4 heaped tbsp plain
full-fat Greek-style
yogurt
1 tsp baking powder

TOPPING

½ courgette (zucchini)
70g (2½oz) Cheddar,
grated
2 heaped tbsp full-fat
cream cheese

Preheat the oven to 220°C fan (240°C/475°F/Gas 9).

Coarsely grate the courgette using a box grater, then squeeze the strands in your hands over the sink to release the juices. Add the pulp to a bowl along with the grated cheese, then separate the courgette using your fingers, mixing it well with the cheese. Set aside while you make the dough.

You can get your little ones involved with making the dough. It's a great messy and sensory play idea that will also help avoid fussy eating with those little veg-dodgers. Add the flour to a large bowl along with the yogurt and baking powder. Stir with the spoon until it starts to come together, then tip the entire contents onto a clean work surface, scraping out any yogurt left in the bowl. Gently bring the dough together; add an extra sprinkling of flour if the dough feels too sticky. Within a minute or so, the dough should form into a ball. Cut in half to make two pizzas.

Take one ball of dough and dust with a little extra flour. Then, using a rolling pin, roll the dough into a circular shape around 1cm (½in) thick, moving and rotating as you go so it doesn't stick to the surface.

Lightly dust a non-stick baking tray with flour. Transfer the pizza base to the baking tray and spoon over 1 tbsp of the cream cheese, using the back of the spoon to spread the cheese evenly over the base. Sprinkle over half the courgette and cheese mixture.

Repeat with the other ball of dough and the remaining toppings. Pop both pizzas into the preheated oven and cook for about 10–15 minutes until the base has puffed up and the cheese is golden and crispy.

