

Salami Pizza

Quality Pizza Base

Tomato pasta sauce

(I use a plain tomato sauce from a jar, rather than a paste)

Sun-dried tomato's

Onion sliced or diced

Mushroom sliced

Capsicum diced

Salami

1 large Buffalo Bocconcini balls sliced

Spread the pizza bases with a soup spoon with a moderate layer of tomato sauce, right out to the edges.

Then layer with the all of the toppings. I normally go in the order of onion, then capsicum, mushroom, sun dried tomato. Then the salami and then the bocconcini.

One ball of the buffalo bocconcini does about 1 pizza

Bake at 200 degree for about 12-15min

You can buy salami from Wray's now which is free of the nasty preservatives that most of them have. Most preserved cold meats these days contain Nitrates which are cancer causing. Foods like these should only be avoided or only eaten very rarely.

Wray's have a Wholemeal spelt pizza base, otherwise I buy a good one from IGA at Greenslopes or from a deli, or make your own from wholemeal spelt flour.

Buffalo Bocconcini is easier to digest than a cow's cheese and is just amazing in taste on pizza, melt really well.

This pizza should still be a treat, salami is high in saturated fats.