Food Explorers

Garden Tomato & Zucchini Pizzette

Italy | Baking

Spotlight: Zucchini

Drink pairing: Italian “Sunset” Soda (orange juice + sparkling water)

Ciao! We mix a magical two-ingredient dough — no yeast, no waiting — and top personal mini pizzas with ribbons of zucchini and jewel-bright cherry tomatoes.

Ingredients (makes 8–14 portions)

- 2–3 cups self-rising flour (or all-purpose flour + 1.5 tsp baking powder and 1/4 tsp salt)
- 1 1/2–2 cups plain Greek yogurt (full fat)
- 1–1 1/2 cups pizza sauce
- 1–2 zucchini
- 1–1 1/2 cups cherry tomatoes
- 1 1/2–2 cups shredded mozzarella
- 2–3 Tbsp olive oil
- 1 tsp dried oregano
- 1–1.5 quarts orange juice
- 1–1.5 litres sparkling water
- 1 tsp salt

Steps

1. Mix the flour and yogurt into a soft dough, then knead 2–3 minutes.
2. Pat a personal 5-inch round onto parchment using your palms.
3. Top with sauce, zucchini ribbons, tomato halves and cheese.
4. An adult bakes at 425°F for 10–12 minutes until golden and bubbling.
5. While the pizzette bake, pour orange juice into your cup and top with sparkling water. Finish the pizzas with olive oil and oregano.

Substitutions: Gluten-free: 1:1 gluten-free flour blend plus 1 tsp baking powder per cup. Dairy-free: dairy-free yogurt in the dough and vegan mozzarella, or extra vegetables instead of cheese. Egg-free: naturally egg-free.

Cooking this at home: For a family of four, use about 3/4 cup self-rising flour, 1/2 cup yogurt, 1 small zucchini, a handful of cherry tomatoes, and 1/2 cup mozzarella — enough for four mini pizzas. The dough is the fun part, so let your Food Explorer knead and pat every round.