



Makes 6 pizzas
Cook Time: 30 minutes

INGREDIENTS:

6 whole-wheat pitas

FOR THE TOMATO SAUCE

2 large tomatoes, diced

4 sun-dried tomatoes (not packed in oil)

3 tablespoons tomato puree

1 tablespoon apple cider vinegar

1 ½ teaspoons maple syrup

2 cloves garlic

1 large handful of fresh basil

1 tablespoon dried oregano

1 ½ teaspoons dried thyme

sea salt and freshly ground black pepper

TOPPINGS

1 cup olives, halved

½ cup diced smoked tofu

10-12 pickled peperoncini, sliced

½ zucchini, thinly sliced or shaved

3 tablespoons [Vegan Parmesan](#)

fresh basil

Simple Vegan Pita Pizzas

Healthy, homemade pita pizzas make a perfect dinner option for lazy weeknights. Kid-friendly and great for parties, this tasty vegan comfort food will be ready faster than junk-food delivery pizza could ever arrive at your door. The easy homemade tomato sauce gets extra zesty flavor from the addition of fresh basil and sun-dried tomatoes. Best of all, cold pita pizzas make delicious next-day leftovers! Enjoy them for breakfast, or pack for an easy workday lunch.

Recipe from [Green Evi](#).

Find this recipe and more (plus create a quick shopping list) in the [Forks Over Knives Recipe App](#).

By Green Evi

- 1 Preheat the oven to 400°F.
- 2 Combine the diced tomatoes, sun-dried tomatoes, tomato puree, vinegar, maple syrup, garlic, a handful of fresh basil, oregano, and thyme in a blender; season with salt and pepper to taste. Puree until smooth.
- 3 Place the pitas on a baking sheet and spread tomato sauce on top. Scatter the olives, tofu, peperoncini, and shaved zucchini over the sauce.
- 4 Bake for 15 to 20 minutes.
- 5 Sprinkle [Vegan Parmesan](#) and fresh basil over pizzas and enjoy!