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### **Homemade Hawaiian Pizza**

Although Hawaii may not be your top destination in the middle of bulking season, it certainly will be when shredding season rolls around! But when that time is many months away, why not enjoy a taste of paradise while simultaneously eating for your muscle-growth goals?

Prep Time: 15 min. Cook Time: 10-15 min.

#### **Ingredients**

1 Pillsbury pre-made thin pizza crust  
1 cup tomato sauce  
1 tbsp olive oil  
2 cups low-fat mozzarella cheese  
8 slices Canadian bacon  
1 cup diced pineapple  
6 oz. cooked, sliced chicken breast  
2 cups spinach

#### **Optional spices**

Garlic powder  
Oregano  
Salt and pepper

#### **Directions**

1. Preheat oven per pizza crust package instructions.
2. Place pizza crust on lightly oiled cookie sheet
3. Spread olive oil evenly across crust.
4. Spread tomato sauce on top of olive oil.
5. Cover the crust with a thin layer of cheese.
6. Place Canadian bacon, pineapple, and chicken evenly across crust.
7. Top with spinach and remaining cheese.
8. Season as desired with garlic, oregano, salt, and pepper.

9. Pop the pizza into oven and cook per package instructions. The pizza is ready when cheese is melted and crust has browned.

**Note:** For a crisper crust, cook the pizza for an extra 6-8 minutes until crust is golden brown.

Serving Size: 1/2 pizza  
Makes 2 servings