



Ep 9 Healthy Kids Pizza

Bilimbi Pesto:

- 1/2 # bilimbi fruit
- 1/4 cup roasted unsalted cashew nuts
- 3 cloves garlic
- 1 cup arugula
- 1T shredded parmesan cheese

- 1) Place all of the ingredients in a blender or food processor and blend until smooth

Easy Paneer Cheese

- 1/2 gallon milk
- 1/4 cup lemon juice

- 1) Heat the milk on medium heat
- 2) When the milk starts to boil add in the lemon juice and stir well
- 3) When the milk curdles strain it through a cheesecloth and squeeze out the excess liquid
- 4) Chill the cheese and serve cold

Easy Healthy Pizza

- 1pc pita bread
- 1/4 cup bilimbi pesto
- 1/4 cup easy paneer cheese
- 6pcs Ho farm Tomato cut in half
- 6pcs basil leaves

- 1) Place the pita on a parchment lined baking sheet and spread on the bilimbi pesto
- 2) Top with the basil, paneer cheese, and Ho Farm Tomato and bake at 400 degrees F for 10 minutes