

Maple Apple Flatbread Pizza

Adapted from [Liz's Healthy Table](#)



INGREDIENTS

Prepared **pizza dough** (follow instructions on your pkg)

OR gluten free flatbread pizza crust

1.5 cups of shredded cheddar cheese

2 **pepperettes** diced

2 green onions sliced

1-2 **apples** cut into VERY thin slices

1 tbsp **pure maple syrup**

Cinnamon for sprinkling

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DIRECTIONS

1. Preheat oven to 350 degrees
2. Prepare your pizza dough according to package directions
3. Place your pizza crust on a non-stick baking tray and sprinkle around 3/4 cup of cheese
4. Arrange diced pepperettes, and onions
5. Place thinly sliced apples pieces evenly around
6. Drizzle maple syrup all over pizza and sprinkle with cinnamon
7. Top the pizza with the remaining cheese
8. Place pizza on middle rack and bake according to directions, 30 minutes
9. Let cool for 2-3 minutes before digging in!

The 3rd dinner in the Willing Hearts Dinner Series was held at the Millcroft Inn, where guests were first treated to a tour of the maple sugar bush, followed by 3 maple inspired courses. It was refreshing to see that restaurants are accessing the local resources around to produce some world class dining options right here in Headwaters. The Millcroft chefs produce their own maple syrup (among a few other items like honey) to use in the restaurant. There are many ways to use maple sap and syrup, depending on what you are using it for. Remember our recipe for Maple Sap Baked Beans? Lighter syrup is often preferred in baking to take advantage of using a natural sweetener without creating a heavy maple flavour. And, did you know that sap goes beyond maple? Birch sap and syrup is growing in popularity! Let us know if you have tried it, we are curious!

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We heard you loud and clear LFC members! Thank you for letting us know that the pizza dough kit from last year was a hit and that you hoped to see it again. When you provide us with feedback it helps us learn, grow and plan for YOU! Together, we are a community of foodies working to support the local food system! You can find HFFA on twitter and facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC. Maple is a springtime favourite in Ontario and you can find events to highlight it in nearly every corner of the province. Chefs are getting quite creative with flavours and ingredients, so it was exciting to stumble upon a maple pizza recipe. It may raise an eyebrow or two at first, but it will be all worth it when you indulge! **Amanda's Country Bakery** put together your **pizza dough** kit. **Breedon's Maple Syrup** from Alliston area provided this fresh liquid gold. The **apples** come to us from **Giffen's** and brilliantly bring the fall and spring seasons together in this recipe. The **pepperettes** are from **Speers Quality Meats** and substitute for bacon in the original recipe. We know seasons are changing when we can again get **salad mix** from **Am Braigh**. Throw together a little side salad and make some **carrot** sticks from **Reid's Potatoes** to round out your meal. Big shout out to Rosie from **Shine Baking Co.** for helping to ensure gluten free families are able to enjoy this incredible recipe!

Get the Kids in the Kitchen!

Making the dough in your pack is quicker and easier than you may think. When it comes time to stretch and rollout the dough, let your child give it a try - they've been practicing with play dough right? If you decide to make a salad or cut up carrot sticks, let your child choose what to include or how to cut it. With proper supervision and care, there is no reason not to let your child chop.

Food for Thought

Why not try to grow your own local food? It doesn't have to be in a big fancy garden. Keep it simple with potted herbs in a window or tomatoes on the deck. Leafy greens and even a few beans can be grown in containers. Use fresh potting soil and take advantage of your local library's seed library. Shelburne, Orangeville and Caledon libraries have all started a seed catalogue for anyone to use!

Nutrition Report

A+

Maple syrup is a natural sweetener with some nutritional value! One serving meets 35% of your daily requirements for manganese and 15% of riboflavin. Manganese is an excellent antioxidant (so are your apples!). Riboflavin is a vitamin great for boosting your overall health.

this month's food is from...

Breedons Maple Syrup

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