



#### INGREDIENTS

- ¼ cup strained tomatoes
- 1 tbsp Parmesan cheese
- 1 tbsp Pecorino cheese
- 1 tsp oregano
- 1 tsp sea salt
- 1 tsp olive oil
- ½ cup shredded mozzarella, low moisture
- Fresh basil to taste



**Franklin Becker**  
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

## LAVASH FLATBREAD PIZZA

#### METHOD:

1. Preheat oven to 400°F.
2. Mix strained tomatoes, Parmesan cheese, Pecorino cheese, oregano, sea salt, and olive oil and set aside.
3. Place the lavash on a parchment-lined cookie tray.
4. Top the lavash with the tomato sauce and mozzarella.
5. Bake in the oven for 10 minutes, top with fresh basil.

**Yield:** 2 servings. **Per Serving:** 160 calories, 12g fat, 7g protein, 6g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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