



Mediterranean Flatbread Pizza

Servings: 2–4

Prep Time: 10 minutes

Cook Time: 10–12 minutes



Ingredients:

- 1 large flatbread (store-bought or homemade)
 - 1/4 cup hummus or vegan cheese sauce (as the base)
 - 1/2 cup cherry tomatoes, halved
 - 1/4 cup Kalamata olives, pitted and halved
 - 1/4 cup cucumber, diced (add after baking for crunch)
 - 1/4 cup crumbled feta cheese (or plant-based alternative)
 - 2 tbsp red onion, thinly sliced
 - 2 tbsp fresh parsley or basil, chopped
 - 1/4 tsp dried oregano
 - Optional drizzle: tahini-lemon sauce or olive oil
 - Salt and pepper to taste
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Instructions:

1. **Preheat oven** to 400°F (200°C).
2. **Prepare the base:**
Place flatbread on a baking sheet. Spread with hummus or vegan cheese sauce evenly to the edges.

3. **Add toppings (except cucumber):**
Top with cherry tomatoes, olives, red onion, and crumbled feta. Sprinkle with oregano, salt, and pepper.
4. **Bake:**
Bake for 10–12 minutes, until edges are golden and toppings are slightly roasted.
5. **Finish fresh:**
After removing from the oven, top with cucumber and chopped parsley. Drizzle with tahini-lemon sauce if desired.
6. **Serve immediately** – great as a main or appetizer!



