



QUICK PIZZA BISCUIT BAKE

YIELD:
8
SERVINGS

PREP TIME:
15
MINUTES

COOK TIME:
25
MINUTES

DIRECTIONS

1. Preheat the oven to 350 degrees F and grease a 9x13 inch baking dish.
2. Place the ground beef in a large skillet, cook over medium heat until meat is cooked through. Remove from heat and set aside.
3. Cut each biscuit into quarters using a sharp knife or pizza cutter.
4. Line the bottom of the dish with the biscuits and spread the pizza sauce over the biscuits.
5. Add the Italian seasoning and garlic powder evenly over the pizza sauce.
6. Sprinkle the cheese evenly on top.
7. Top the cheese with cooked ground beef, pepperonis, and other toppings.
8. Bake for 25-30 minutes until the cheese is melted and slightly brown and the dough is cooked through.

INGREDIENTS

- 1 lb lean ground beef or turkey
- 2 cans of biscuits
- 1 (15oz) jar pizza sauce
- 2 tsp Italian seasoning
- ½ tsp garlic powder
- 2 cups shredded mozzarella cheese
- 24 slices of pepperoni
(add other favorite pizza toppings like Canadian bacon, bacon, black olives, etc.)

NOTES





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BITE BREAKDOWN

Want energy that lasts? Here's the secret: when you are putting together meals or snack, team up carbohydrates and protein.

- **Boost your energy:** Carbs are an instant energy boost but they can lead to a crash. That is where protein comes in. Protein helps keep your blood sugar steady, preventing a sudden drop in energy.
- **Stay focused:** This combo keeps you full, energized, and helps you focus way better than just carbs alone!

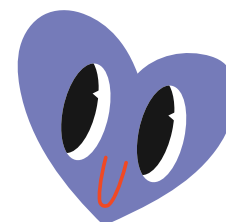


Watch the how-to
on our YouTube,
@sanfordfitkids!

NUTRITION FACTS*

Serving size: 1 slice

- Calories: 360kcal
- Carbohydrates: 33g
- Protein: 23g
- Fat: 14g
- Fiber: 1g
- Sugar: 7g



*These are approximate values, and actual results may vary based on the specific products and portion sizes you use!

RECIPE RATING

