

Muffin Pizza

Serves: 4

Ingredients

- 4 English muffins (sandwich thins or small pitta bread)
- 25g (1oz) Tomato puree or 200g (8oz) tinned chopped tomatoes pinch of pepper
- ½ teaspoon of mixed dry herbs
- 100g (4oz) low fat grated cheese
- 50g (2oz) sweetcorn
- 4 sliced mushrooms
- ¼ sliced pepper
- 2 chopped spring onions
- 2 small tomatoes

Method

1. Preheat oven 200°C/400°F/Gas Mark 6
2. Cut the muffin in half*
3. Spread the tomato puree mixed with dry herbs onto the muffin or place the chopped tomatoes into a saucepan with pepper and dry herbs and bring to the boil and then simmer for 10 minutes or until the tomatoes are thick and mushy. Remove from the heat and allow to cool before spreading on top of the muffin
4. Add sweetcorn, mushroom, pepper, spring onion on top of the muffin
5. Top with the low fat cheese
6. Bake in the oven for 10-15 minutes or until nice and brown
7. Serve with salad

Alternatives

Try adding pineapple, chillies, or meat chicken) or fish (tuna),

*For very young children half a muffin would be enough for them to eat

