

# Mini Pizza

Prep time: 10 minutes    Cooking time: 10-15 minutes    6    12



## Ingredients

6 bread muffins, each cut in half

1 teaspoon tomato puree or tomato dip (see sides and delights section) per half a muffin

1 tablespoon grated cheese, per muffin

Selection of toppings – chicken, turkey, ham, tuna, tinned sardines (flaked)

Selection of vegetables to make faces – sliced peppers, sweet corn, sliced mushrooms, sliced courgettes, sliced tomatoes, sliced carrots, sliced spring onions, olives and pineapple



Method.    Preheat oven to 180°C / Gas Mark 4

- Spread the tomato puree/dip sauce over the muffin
- Sprinkle grated cheese over the top
- Arrange toppings over cheese in shapes of faces
- Put on a baking tray and bake for 10-15 minutes until cheese is melted and muffins lightly toasted



*Let kids choose their own toppings so they experiment with taste and textures. Rich in calcium*