

Mini English Muffin Pizzas

Serves: 4

Prep time: 10 minutes

Cook time: 5 minutes



1 serve per portion

Ingredients

4 wholemeal English muffins

8 tablespoons tomato passata

Sprinkle of dried Italian herbs

1 red capsicum, deseeded and diced

1 cup baby spinach leaves

1 cup canned pineapple pieces in juice, drained

1 cup reduced fat cheddar cheese, grated



Everyday Food

Method

PREHEAT oven to 180°C.

SLICE English muffins in half.

SPOON the tomato passata over each muffin half and sprinkle with herbs.

LAYER the capsicum and spinach onto each muffin and add the pineapple.

SPRINKLE each muffin with grated cheese.

GRILL for 5 minutes until lightly golden.

Recipe courtesy of the Country Kitchens team