

Home Made Pizza's

Serves 6

Ingredients:

6 Wholemeal or Wholegrain Muffins

1 Red Onion

1 Capsicum

2 Mushrooms

2 Tomatoes

1 Cup Cheese

Pizza Paste/Sauce

100g lean ham

- For vegetarian option leave ham off

Method:

- Pre heat oven to 220°C
- Cut muffins in half
- Smooth pizza paste onto muffins
- Cut up topping ingredients into medium pieces
- Add topping ingredients to muffins starting with red onion and finishing with cheese
- Cook in oven for ten minutes or until brown and crunchy



Opal

