

Mini Pizza

A quick and easy nutritious mini meal. Vary bases and toppings to keep it interesting, particularly during the different seasons . Made with English muffins- the perfect size for children.



Serves 10 children



25 minutes

INGREDIENTS

English muffin 340g (5 muffins)
 Tomato, paste 100g (5 T)
 Ham, chopped 200g (1 C)
 Carrot, grated 100g (1 C)
 Capsicum, chopped 100g (1 C)
 Cheese, grated 120g (1 C)
 Parsley, fresh 1g (1 T)

DIRECTIONS

1. Preheat oven to 180°C.
2. On a large flat try place the halved English muffins and cover sparingly with tomato paste.
3. Sprinkle with ingredients and top cheese.
4. Bake in oven for 5-10 minutes or until cheese has melted.
5. Serve muffin half. Cut into quarters if preferred.

Allergy Information

Contains: gluten, wheat, soy, cow's milk protein.
As well as containing wheat, some breads contain cow's milk protein and/or soy, some processed meats contain cow's milk protein and/or soy.

Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	60 %
Meat/Alt*	<div></div>	40 %
Cereals	<div></div>	90 %
Dairy	<div></div>	80 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services