

## Mini English Muffin Pizzas

**Serves:** 4

**Prep time:** 10 minutes

**Cook time:** 5 minutes



1 serve per portion

### Ingredients

4 English muffins, wholemeal

8 tablespoons tomato passata

Sprinkle of dried herbs

1 red capsicum, deseeded and diced

1 cup spinach leaves

1 cup canned pineapple pieces, drained

1 cup cheddar cheese, reduced fat, 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*