



Cheese, pineapple and ham English pizza muffins

GREEN

Equipment: Chopping board
Kitchen Knife
Measuring cups & spoons
Table knife
Grater
Toaster
Oven tray

Makes 6

3 English muffins, split
6 tablespoons pizza sauce
440g can crushed pineapple in natural juice, drained #
6 slices shaved ham
3 cups grated reduced fat cheese

Method

- Toast the muffin halves in a toaster, then place them cut side up on an oven tray
- Spread each muffin half with 1 tablespoon of pizza sauce, then add 2 tablespoons pineapple, ½ cup grated cheese and top with the slice of shaved ham
- Place the tray under a grill for a few minutes until the cheese has melted and browned slightly.

Serving suggestions: These pizza muffins are great hot or cold – pop one into the school lunchbox

Any leftover fruit or juice can be frozen in ice block trays to be enjoyed as an icy treat. Or popped into a small container and included in a work or school lunchbox. Alternatively, add the fruit to your next batch of fruit muffins.