

# BREAKFAST RECIPES



## English muffin pizza -

EF

### Ingredients:

- English breakfast muffin
- Salt reduced tomato paste
- Reduced fat grated cheese
- Toppings (see below)

### Toppings:

- Ham or Chicken
- Feta Cheese
- Capsicum, diced
- Cooked sweet potato or pumpkin diced
- Mushrooms, sliced
- Onion, sliced
- Canned pineapple, drained
- Olives

### Method:

1. Split English muffins in half, spread with tomato paste, top with any combination of ingredients
2. Sprinkle with reduced fat grated cheese and grill until cheese has melted