

Pizza Muffins

Traffic light category: Green

Serves: 12



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Ingredients

- Olive oil spray
- 1 cup reduced fat milk
- 2 eggs
- cup polyunsaturated oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1¾ cups plain flour
- 2 teaspoons baking powder
- 1 cup mozzarella cheese, grated
- 1 tomato, chopped
- ⅓ cup olives, sliced
- ⅓ cup pizza sauce or tomato sauce
- Basil for garnish



Directions

1. Pre heat oven 180°C
2. Grease 12 hole muffin tray with oil spray or line with baking paper or muffin cases
3. In a large bowl whisk milk, eggs, oil, garlic powder and oregano
4. Add flour and baking powder, mix until combined
5. Add cheese, tomatoes, olives and other toppings or additions if desired, mix gently
6. Divide mixture between muffin holes. Spread a teaspoon of tomato sauce on top of each muffin, sprinkle with extra cheese
7. Bake for 15-20 minutes, until golden
8. Allow to cool slightly before serving
9. Sprinkle with basil if desired.

A variety of pizza ingredients can be added to these muffins such as diced red or green capsicum, well drained pineapple or sun dried tomatoes.

