

Pizza muffins

Ingredients

150g strong white flour
100g strong wholemeal flour
1 x 5ml spoon salt
1 x 5ml spoon sugar
1 x 7g packet fast action dried yeast
175ml warm water
1 x 15ml spoon oil
Spray oil (or a little additional vegetable oil to grease the muffin tin)

Filling

80g reduced-fat cheddar cheese
1 spring onion
¼ pepper
1 tomato or 4 cherry tomatoes
2 x 15ml spoons passata or tomato purée

Equipment

Weighing scales, measuring spoons, muffin tray, small bowl for oil and a pastry brush (if you are not using a spray oil for greasing the muffin tray), measuring jug, grater, sharp knife, chopping board, sieve, mixing bowl, mixing spoon, small spoons x 2, cooling rack.

Makes 8

Method

1. Preheat the oven to 200°C/fan 180°C or gas mark 6.
2. Grease the muffin tray by spraying it lightly with spray oil (or brush with a little vegetable oil using the pastry brush).
3. Pour 175ml of boiled water into the measuring jug. Set it aside so it is the right temperature (warm) when you come to make the dough.
4. Prepare the filling ingredients:
 - grate the cheese;
 - finely chop the spring onion and pepper;
 - chop the tomato, or quarter the cherry tomatoes.
5. Sift together the flour, salt and sugar into a mixing bowl and then stir in the yeast.



Nutrition

One pizza muffin

A 78g serving contains

Energy	Fat	Saturates	Sugars	Salt
687kJ 163kcal 8%	4.2g 6%	1.6g 8%	1.7g 2%	0.81g 14%

of an adult's reference intake

2.4g fibre per serving

5. Add the vegetable oil and enough warm water to mix into a soft dough. (Add the water gradually as you may not need it all.)
6. Knead the dough for 5-10 minutes.
7. Divide the dough into 8 golf ball sized balls and give each ball a quick knead.
8. Place the dough balls in the muffin tray and, using your fingers, press each dough ball to cover the base and sides of each cup.
9. Spoon the passata or tomato purée equally between each dough cup.
10. Divide the filling ingredients equally between the dough cups and then top each one with the cheese.
11. Bake for 20-25 minutes, until golden brown.
12. Cool on a cooling rack.

Snack tip

The muffins can be frozen and defrosted as needed. They defrost at room temperature in about 2 hours! Great to take with you straight from the freezer in the morning and enjoy at breaktime!