

ENGLISH MUFFIN PIZZAS

Yield: 12 mini pizzas, one

serving is two halves

Total time: 17 minutes

Protein: 10g

Carbohydrates: 28g

Fats: 8g

INGREDIENTS

- 6 whole wheat English muffins, sliced in half
- 1 c pizza sauce
- 1 c low fat shredded mozzarella cheese
- 40g Turkey Pepperoni
- 28g Mini Pepperoni
- 40g sliced mushrooms
- Pinch of dried basil

DIRECTIONS

1. Preheat oven to 375F.
2. On a baking sheet lined with parchment paper, place English muffin halves.
3. Add about 1T of pizza sauce on each half and spread evenly. Top each half with 1T of shredded cheese and distribute remaining toppings evenly. Sprinkle dried basil at the end before throwing these into the oven.
4. Baking for 10-12 minutes or until the cheese is melted and the crust is golden.
5. *Pizzas can be frozen and reheated in the oven or air fryer at 375F for 10 minutes.

