

Easy Recipes for Lunchboxes

(All nut free. Almond meal has been substituted with flour in these recipes)

wipe out waste

Pizza Muffins

Ingredients

- 2 English muffins
- 2 tablespoons tomato sauce (or salsa)
- Topping: anything you like i.e. pineapple, capsicum, tomato, ham, olives
- ½ cup grated cheese

Directions

1. Preheat oven to 160°C.
2. Split each muffin in half and spread with tomato sauce.
3. Put on your favourite toppings.
4. Top with grated cheese.
5. Put in oven for 10 minutes or until cheese has melted.

