

One of our lovingly created Kindred Recipes!

Pizza Muffins

Ingredients

- ✓ 1/2 onion
- ✓ 1 garlic clove
- ✓ A tin of chopped tomatoes
- ✓ 1 tsp mixed herbs
- ✓ Select your toppings we use pepper, mushrooms and cheese
- ✓ Wholemeal muffins

Method

Make the tomato sauce, there will be plenty so you can freeze it for another day or serve with pasta.

- ✓ Finely chop the onion and garlic.
- ✓ Heat some oil in a pan and add the onion and garlic. Cook until softened.
- ✓ Add the chopped tomatoes and herbs and simmer for 10 mins. Leave to cool and blend until smooth.
- ✓ Slice the muffins in half and spread over the tomato sauce. Then add your mushroom and pepper toppings. Sprinkle on the cheese.
- ✓ Bake at a medium heat until the cheese has melted.