

Mamma Mia Pizza Muffins

Southwest Edmonton Farmers' Market



What better treat can there possibly be than home baking in your school lunch!? Serve these up warm or grab 'n go from the freezer for delicious snacks and lunch bites.

Ingredients

- 1 + 1/2 cups whole wheat flour
- 1/3 cup grated parmesan cheese
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. oregano
- 3/4 cup milk
- 1/4 cup olive oil
- 1 egg
- 1 mini red pepper (cut in 1/4" cubes)
- 1 mini yellow pepper (cut in 1/4" cubes)
- 1 stick pepperoni OR 4 mini tomatoes
- olive oil or cooking spray
- 1/4 cup mozzarella cheese

Eating healthy doesn't mean giving up your favourite foods! You can still enjoy yummy pizza flavours with these homemade muffins when the lunch bell rings. The key word is **HOMEMADE** - YOU are in charge of what goes into your muffins, creating a healthier, tastier lunch! Packing your lunch the night before and having homemade treats like these muffins on hand makes bringing a home-made lunch a breeze!



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Market Shopping List

- mini peppers
- eggs
- ham, sausage or pepperoni OR mini tomatoes



Makes 36 mini or 12 regular sized muffins. (One serving is 3 mini or 1 regular.)



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Directions

Preheat the oven to 375F.

Make a "dry ingredients bowl" by combining the flour, parmesan, baking powder, salt and oregano.

In a separate bowl, whisk together the milk, olive oil and egg until they are mixed and you can no longer tell the difference between the egg's yolk and its clear parts.

Add your chopped pepper to the dry ingredients bowl, and stir it so the pepper bits are coated.

Cut your pepperoni (or tomatoes if you're going vegetarian here) into thin circles and set aside. You want to have 24 circles.

Get your muffin cups ready by spritzing them with olive oil or cooking spray.

Pour the wet ingredients on top of the dry ingredients in the bowl and stir until they are just combined. Fill each muffin cup 3/4 full, then top with two slices of pepperoni or tomato and a pinch of mozzarella cheese.

Bake mini muffins for 10 minutes, and full sized muffins for 15 minutes.

Sprouting Chefs

How do you dice a pepper? Take your pepper and cut it in half with a sharp knife from stem to pointy end. Using your fingers, pull out the seeds, the white part and the stem. Slice each half into long, narrow strips. Cut each strip into little cubes. You're aiming for 1/4" cubes, but you do not have to be exact (see the photo to the left).

Creative Cooks

Try substituting half a cup of cornmeal for half a cup of flour here to add a bit more density and a wee bit of crunchy texture to the muffins.

You can also try adding a diced chili pepper for some added kick! Peppers always lose some of their fiery heat when they're cooked, so don't be afraid to try this.

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