



**LIMIT
'SOMETIMES'
FOODS**

Monster pizza muffins

Makes 12 monster muffins

Ingredients:

- 6 wholemeal English muffins, cut in half
- 70 grams tomato paste
- 200 grams grated cheese

A selection of veggies, such as:

- Olives, sliced up to make 'eyes'
- Carrot cut into rounds
- Small broccoli florets
- Corn kernels
- Cherry tomatoes, cut in half for spider bodies
- Mushrooms, sliced thinly for spider legs
- Red onion cut into small pieces
- Capsicum cut into strips and/or triangles



Utensils needed:

- Baking tray lined with baking paper
- Knife for cutting vegetables
- Chopping board
- Spoon
- Grater
- Plate to put vegetables on

Method:

1. Pre heat oven to 100 degrees
2. Using a spoon, spread one side of the English muffins with tomato paste
3. Grate cheese using the largest holes on the grater
4. Assemble the veggies on a platter
5. Encourage children to make the scariest monster face they can think of, using lots of veggies!
6. Add cheese, if you'd like to

Put pizzas in the oven until the muffins are toasted.