



COME ON

LET'S
**DO
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	MED

per 100g

Portions
fruit & veg
per serving
2

Breakfast pizza

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 10 mins | cook 20 mins

Breakfast pizza

Give your brekkie a **healthy boost** with our delicious breakfast pizza. Top wholemeal muffins with tomatoes, spring onion and mushrooms, plus a little cheese. The kids will love making them too!

Ingredients

- 1 tsp rapeseed oil
- 320g fresh tomatoes, chopped into chunks
- Good pinch of pepper
- 4 wholemeal muffins, split in half
- 125g light mozzarella, sliced
- 10g chopped fresh chives (optional).

Healthy boost ingredients

- 240g mushrooms
- 4 spring onions (80g), chopped.

Top tips

- Add a pinch of dried oregano or some fresh basil leaves for an Italian flavour
- If you prefer a hard cheese, try using a reduced fat cheddar style cheese.

Method

1. Preheat the oven to 180 °/gas 4
2. Add the oil to a pan then add the mushrooms and cook for 3–4 minutes stirring regularly
3. Now add the spring onions, tomatoes and pepper and cook another 3 minutes
4. Meanwhile lightly toast the muffins and place them on a large baking tray
5. Divide the mushroom and tomato mixture between the muffins
6. Top with the mozzarella cheese and bake for 10–12 minutes then sprinkle with a few chives to serve.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
133	3g	1.2g	3g	0.5g
7%	4%	6%	3%	8%

% = an adult's reference intake

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