



# Mini Veggie Pizza



Prep time: 20 min

Makes 12 mini pizzas

## Ingredients:

- 1 medium red or green bell pepper
- 6 leaves of kale
- 1/2 cup cherry tomatoes
- 6 oz mozzarella cheese
- 6 whole grain English muffins
- 1/2 recipe "Easy Peasy Pizza Sauce or 4 oz premade pizza sauce

## Instructions:

1. Pre heat oven to 450°F.
2. Split English muffins in half and place them face up on a baking sheet.
3. Bake for 10 min or until lightly browned. Prepare sauce while muffins toast.
4. Dice peppers and cut kale into thin strips.
5. Shred the cheese.
6. When muffins are lightly browned, spoon 1 tbsp of sauce over each muffin half. Coat evenly.
7. Top the muffin with veggies and cheese.
8. Bake for about 6-8 minutes or until the cheese is bubbly.
9. Let cool for 2-3 minutes before serving.

Try experimenting with different veggies for the toppings