

## English Muffin Pizzas

### Ingredients

- 1 whole wheat English muffin
- 4 Tablespoons pizza sauce
- ½ cup toppings (veggies, please!)
- 4 Tablespoons low-fat mozzarella cheese

### Supplies

- Baking sheet
- Small bowl for scraps
- Sharp knife
- Cutting board
- Fork
- Measuring cups
- Small bowls for toppings
- Aluminum foil
- Spatula
- Oven or Toaster oven
- Oven mitts

### Steps

1. Set oven to 350°F.
2. Cover baking sheet with foil.
3. Cut muffin into 2 flat halves and put on baking sheet.
4. Top muffin halves. Each half gets 2 Tablespoons sauce, ¼ cup toppings, and 2 Tablespoons cheese.
5. Bake for 5 to 7 minutes.
6. Cool for 2 minutes.
7. Serve

Now that we have all of our ingredients and supplies ready, let's cook!

- Turn on the oven and set your oven to 350 degrees.
- Cover your baking sheet with aluminum foil.
- If your English muffin isn't already cut or split open, open it. If a small child is helping you, here is a safe way to let them split it open. Take a fork and poke it into the side of the muffin, turning the muffin all the way around while poking the fork in.

- Place the 2 halves on the foil lined pan. Spread 2 Tablespoons of pizza sauce on the first half muffin, then another 2 Tablespoons on the other half.
- Sprinkle your toppings on. Remember, you have about a fourth of a cup for each half, or about a fourth of your fist for each half.
- Top each half with 2 Tablespoons of cheese.
- Place the pan in the preheated oven until the cheese is melted, about 5 to 7minutes.
- Take the pan out of the oven.
- Let the pizzas to cool for 2 minutes before you serve and enjoy.