

# EASTERSIDE ACADEMY

## HEALTHY KIDS RECIPE



Dear Parent/Carer,

Monthly we will be sending home a healthy recipe for you to try at home with your family. If you give any of the recipes a try, please complete the slip at the bottom of this page and return to your child's class teacher. You can also send us a photograph of your family eating your results! Just send them to: [contact@eastersideacademy.co.uk](mailto:contact@eastersideacademy.co.uk) and we will put some up on our website!

### Mini Muffin Pizzas

#### Ingredients

1. 1 muffin cut in half
2. 1 tbsp tomato puree
3. 1 tbsp red pesto
4. 1 tbsp olive oil
5. Salt and pepper

Suggestions: *(You can add what you like)*

6. Mushrooms sliced
7. 1 small red onion sliced
8. 1 small courgette sliced thinly
9. Grated cheese – mozzarella or cheddar
10. Sweetcorn
11. Ham or salami cut into pieces
12. Peppers sliced



#### Directions

1. Heat the olive oil in a small frying pan and cook the onion, mushrooms and courgette until softened and becoming golden.
2. Season with salt and pepper.
3. Toast the muffins until golden.
4. Mix together the tomato puree and red pesto and spread over the muffins.
5. Decorate your muffin pizzas how you would like them and scatter cheese over the top.
6. Place under a pre-heated grill for about 4 minutes or until golden and bubbling.

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#### Healthy Kids Recipes

We made: .....

Who was involved? .....

Was it easy to make? (Please circle) **YES** **NO**

Would you recommend it to another family? (Please circle) **YES** **NO**

**Comment:**

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**Comment:**