

Fruit and vegetables

Quick pizza What I need:



2 bread rolls cut in $\frac{1}{2}$

Or 4 English muffins



$\frac{1}{2}$ Tin of tomatoes



4 Mushrooms

or 1/2 pepper or vegetables of your choice

or 1 small tin of pineapple or other fruit



85grams $\frac{1}{2}$ fat cheese



$\frac{1}{2}$ teaspoon of dried herbs

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Pinch of pepper

What do I do?



Put the grill onto medium



Toast the bread rolls or English muffins



Spread the tomatoes over the toasted rolls or muffins



Put mushrooms, peppers and or pineapples on top of the 4 quick pizzas

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Grate cheese



Add grated cheese to the quick pizzas



Sprinkle with herbs and pepper



Place under the grill until cheese bubbles

