Mini pitta pizzas

The wholemeal pitta is incredibly rich in fibre, and fibre consumption is strongly linked to a healthy digestive system. This recipe encourages diversity and is a great option for getting children involved with picking their own toppings.

Makes: 10 small pizza • Preparation time: 10 minutes

Ingredients

- 10 wholemeal pittas
- 20 tbsp passata
- 20 tbsp grated cheese
- 1 jar of black pitted olives
- 1 tin sweetcorn
- 1 green pepper cubed
- dried herbs / Italian style herb mix
- chilli flakes

Method

1. Turn on the oven/grill (if not available - you can use a microwave).
2. If using a muffin, slice it in half.
3. Spread 1 tbsp passata on each bread. Use the back of the spoon to make sure it's all covered.
4. Chop up the vegetables into small chunks.
5. Add the vegetables on to the pizza.
6. Then, sprinkle grated cheese on top.
7. Grill in oven 5min or put in microwave for a minute (until the cheese starts to bubble and turn golden).
8. If you let children choose their own toppings, write names under the pizzas on greaseproof paper to help you work out whose is whose!

Top tips

- For cheaper alternatives, try part baked baguettes or crumpets
- For extra gooey-ness, try mozzarella instead of cheddar
- Try out some different toppings or fresh herbs like basil

Equipment

- Sharp knife
- Chopping board
- Grater (if using a block of cheese)
- Tablespoon &
- teaspoon
- Oven trays
- Oven/grill or microwave