

## Kid Friendly School snack: Funny face Pizza

## Ingredients:

1 whole wheat English muffin

2 Tbsp (30 ml) sodium reduced pasta or pizza sauce 1/4 cup (60 ml) grated, part skim mozzarella cheese small, green pitted olives cut in half

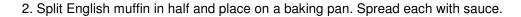
Half sliced, red bell pepper

1/4 cup (60 ml) grated carrots

**Tips:** The eyes of the funny face pizza can be made with other vegetables such as grape tomatoes, carrot or zucchini slices!

## **Directions**

1. Preheat Oven to 350 °F (180 °C)



- 3. Sprinkle with cheese and place 2 olive halves on each muffin for eyes. Use 1 red pepper slice on each for a mouth.
- 4. Place in oven for about 5 minutes or until cheese is melted and English muffin is crispy.
- 5. Place each on a plate and sprinkle top with carrots for hair and serve each with remaining red peppers.

Source: Eat Right Ontario, Get kids in the kitchen Laurie-Anne Patenaude-Dietetic Intern

