

Muffin Pizzas Pumpkin & feta cheese



Ingredients



Muffin Pizzas - Pumpkin & feta cheese



Fry onion & bacon



Chop capsicum



Cook & mash pumpkin



Chop olives



Separate muffin



Spread puree & herbs



Add mashed pumpkin



Add green capsicum



Add bacon & onion mix



Add olives & cheese



Bake



Serve

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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