



Traffic light category: **Green**

Serves: **1**

Ingredients

- 2 English muffin, sliced in half horizontally
- 1 tablespoon tomato paste
- 130g baked beans
- 2 tablespoons of assorted toppings such as capsicum, mushrooms, spinach
- 1/4 cup cheese, grated.

Method

1. Lay English muffins onto baking tray
2. Add Passata / baked beans
3. Add variety of vegetables
4. Add cheese
5. bake for 15-20 minutes!

Hungry for more?

Contact the Fuel to Go & Play® team
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