

Mini Greek Pizza Muffins

Equipment	Ingredients
Measuring cups & spoons	2 tablespoons olive oil
Chopping board & knife	½ cup finely chopped onion
Whisk	½ cup finely chopped red capsicum
Mixing bowls and spoons	1/3 cup whole-wheat flour
Muffin tins	1/3 cup all-purpose flour
Wire rack	2 teaspoons baking powder
Frying pan	½ teaspoon dried oregano
Egg beater	1 teaspoon sugar
	¼ teaspoon garlic powder
	¼ teaspoon salt
	1/3 cup low-fat milk
	1/3 cup crumbled feta
	1 large egg, well beaten
	2 tablespoons tomato paste
	2 tablespoon chopped olives

How TO MAKE IT:

- 1 Preheat the oven to 200oC.
- 2 Heat oil in a large frying pan over medium heat. Add onion and capsicum; cook, stirring often, until onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.
- 3 Whisk whole-wheat flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
- 4 Stir milk, feta, egg, tomato paste and olives into onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the muffin cups two-thirds full.
- 5 Bake the muffins until lightly browned, 13 to 15 minutes, Cool in the pan for 5 minutes before turning out onto a wire rack.

