

EarlyON Child and Family Centre

ENGLISH MUFFIN PIZZA AND FRUIT SALAD

English Muffin Pizza

Ingredients

- 4 English muffins, split
- ½ cup canned pizza sauce
- 2 cups shredded mozzarella cheese
- Alternative, add your favorite toppings. E.g. mushrooms, peppers, pepperoni

Instructions:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Place the English muffin halves cut side up onto a baking sheet.
3. Spoon some of the pizza sauce onto each one.
4. Top with mozzarella cheese and pepperoni slices.
5. Bake for 10 minutes, or until cheese is melted.



Fruit Salad

Ingredients

- Large bowl or cup
- Your favorite fruits of choice
- Eg. -Bananas, apple, orange strawberries, mango any fruit you have at home
- Yogurt
- Plastic knife

Instructions:

1. Wash fruits
2. Cut fruit into slices
3. Mix fruit together in cup or bowl
4. Add yogurt if you desire and enjoy!

