

English muffins - six ways

Traffic light category: **Green**

Serves: 1 each

English muffins are incredibly versatile and can be used with either sweet or savoury toppings. Try some of these:

Split each *plain* muffin in half and toast until golden

1. Spread with reduced fat cream cheese
2. Top with a slice of lean ham.

1. Spread with Vegemite
2. Top with a slice of reduced fat cheese.

1. Spread with reduced fat cream cheese
2. Top with two slices of tomato.

Split each *fruit* muffin in half and toast until golden

1. Spread with a thin layer of polyunsaturated margarine
2. Top with sliced banana, sprinkle with cinnamon.

1. Spread with a thin layer of thick reduced fat yoghurt
2. Top with sliced strawberries and a dollop of yoghurt.

1. Top with 2 tablespoons of pie apple/apricot or stewed fruit
2. Add a dollop of your favourite yoghurt.

