



English muffins - eight ways

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Traffic light category: **Green / Amber**

1. Amber

- Spread with reduced fat cream cheese, top with a slice of lean ham.

2. Green

- Spread with Vegemite, top with reduced fat cheese, grill till golden.

3. Green

- Spread with basil pesto (nut free recipe on the website), top with sliced tomato and grated parmesan cheese.

4. Green

- Spread with pizza sauce, top with grated cheese, grill until golden.

5. Amber

- Top with poached egg, one slice of grilled lean bacon and tomato sauce

6. Green

- Spread with thick reduced fat yoghurt, top with sliced strawberries and a dollop of yoghurt.

7. Green

- Top with 2 tablespoons of pie apple/apricot or stewed fruit, add a dollop of your favourite yoghurt.

8. Green

- Spread with polyunsaturated margarine, top with sliced banana, sprinkle with cinnamon.



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