

Ingredients (Makes 15):

- Olive oil spray
- 4 wholemeal pita breads
- ¼ cup salt reduced pizza sauce
- 150g lean ham
- 3 mushrooms
- ½ capsicum
- ½ cup low fat grated cheese
- 4 eggs
- ½ cup low fat milk



Involving the Children:

Kids can assist with putting the topping in the cases.

Method:

1. Preheat the oven to 180°C and spray a medium sized muffin tray lightly with oil
2. Cut the wraps with a 13cm round cutter or use a small plate as a guide and separate each piece into its two layers. Mould each layer of the pita bread into the muffin trays. Spread ½ teaspoon of pizza sauce inside each tartlet
3. Chop ham, mushrooms and capsicum into small pieces and place in a mixing bowl. Add ¼ cup of grated cheese to the bowl and mix it through. Divide this mixture evenly over all the tarts.
4. In a jug, whisk the eggs and milk together. Pour the mixture evenly into each tartlet.
5. Bake for 10-15 minutes until the egg mixture has set. Carefully lift the pan out of the oven – it will be very hot. Sprinkle the rest of the cheese on top.
6. Bake for another 5 minutes until the cheese is melted and golden