



ENGLISH MUFFIN PIZZAS WITH GOAT CHEESE AND FRESH BASIL

Total time: 10 minutes prep + 20 – 25 minutes bake time

Serves: 4

INGREDIENTS:

- 4 whole grain English muffins
- 4 teaspoons olive oil
- 4 oz. goat cheese, crumbled
- 1 medium tomato, thinly sliced
- 8 basil leaves, roughly chopped
- Salt and red chili flakes to taste

DIRECTIONS:

1. Pre-heat broiler and line a baking sheet with tin foil.
2. Lightly toast English muffins to defrost (if frozen) or slightly warm (if fresh.)
3. Place olive oil in a small bowl and lightly brush each English muffin half with olive oil.
4. Top each half with a tomato slice and goat cheese crumbles. Broil on high for 1 – 2 minutes.
5. Serve with freshly chopped basil and a pinch of salt/red chili flakes to taste.