PREP TIME:
10 minutes

COOK TIME:
30 minutes

BAGEL BITES

By Chef Andy

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Ingredients

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 cup non fat plain Greek yogurt
- 2/3 cup marinara or pizza sauce
- 1 cup shredded part-skim mozzarella cheese
- 1 ounce turkey pepperoni, chopped
- Optional: chopped spinach and other veggies

Kitchen Items

- oven
- muffin pan
- mixing bowl
- mixing spoon
- measuring cups and spoons
- kid safe knife
- cutting board or cleaned counter surface

Directions

1. Make the pizza dough: Combine the dry ingredients and then add the yogurt. Knead the dough until it is tacky but not sticky.
2. Divide the dough into 16 balls and press each into the greased muffin tin.
3. Bake the dough for 15 minutes at 375 degrees and remove it from the oven.
4. Top your pizza bites: Gently press the dough down in the middle of each cup to create a small well. Top each with sauce, mozzarella cheese, chopped turkey pepperoni and chopped veggies of choice.
5. Bake the bites for three more minutes until the cheese is melted. Carefully remove the mini pizzas from the oven and let them cool before eating.

GROCERY LIST

Fruits & Vegetables

- [ ] Spinach
- [ ] Tomato
- [ ] Bell pepper
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & Eggs

- [ ] Non-fat plain Greek yogurt
- [ ] Part-skim mozzarella cheese
- [ ]
- [ ]
- [ ]

Meats & Seafood

- [ ] Turkey pepperoni (nitrite and nitrate free)
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Pantry Items

- [ ] Wheat flour
- [ ] Baking powder
- [ ] Cooking spray
- [ ] Marinara sauce
- [ ]
- [ ]
- [ ]

Healthy Options

Independent Health Foundation