

### Low Carb Pizza Muffins (2 g Carb Each)

2 Tbsp Extra Virgin Olive Oil  
2/3 Cup Onions - Finely Chopped  
2/3 Cup Red Bell Pepper - Finely Chopped  
1/3 Cup Whole-Wheat Pastry Flour  
1/3 Cup All Purpose Flour  
2 Tsp. Baking Powder  
1/2 Tsp. Fresh Oregano - Chopped or dried  
1 Tsp. Sugar  
1/4 Tsp. Garlic Powder  
1/4 Tsp. Salt  
1/3 Cup Low-Fat Milk  
1/3 Cup Feta Cheese - Crumbled  
1 - Large Eggs - Well Beaten  
2 Tbsp Tomato Paste  
2 Tbsp Kalamata Olives - Chopped



Ken Burris

- Preheat Oven to 400 F (205 C). Coat a mini-muffin pan with cooking spray.
- Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.
- Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
- Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full.
- Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

**Yield:** 24 Muffins

Serving Size:	2 muffins
Calories	39
Fat	2 g
Saturated fat	1 g
Cholesterol	11 mg
Carbohydrates	4 g
Dietary fiber	0 g
Protein	1 g
Sodium	106 mg