

SUPER BOWL PIZZA PUFFS

Super Bowl Pizza Puffs

Higher Fiber, Lower Saturated Fat

Serves: 12 (Serving= 2 pizza puffs)

Nutrition (per serving)

Total Fat: 6 g Dietary Fiber: 3 g
Sodium: 441 mg Calories: 168
Total Carbohydrate: 18 Protein: 11 g
Dietary Fiber: 2 g

Ingredients

- Cooking spray
- 1 cup white whole wheat flour
- 1/2 cup white all-purpose flour
- 1 ½ teaspoons baking powder
- 1 ½ cups skim milk
- 2 eggs, lightly beaten
- 1 ½ cups light shredded Mexican cheese
- 68 turkey pepperoni (3/4 of a 6 ounce package)
- 1/2 cup red pepper, diced
- 1/2 cup green pepper, diced
- 1/2 cup onion, diced
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 ½ cups low sodium marinara sauce

Directions

1. Preheat oven to 375 degrees Fahrenheit and spray two 12-cup muffin tins with cooking spray.
2. In a large bowl, whisk together both flours and baking powder. When combined, whisk in the milk and eggs.
3. Stir in the cheese, pepperoni, green pepper, red pepper, onion, and seasonings. Let stand for 10 minutes.
4. Using a 1/8 cup measure, pour batter into muffin cups. Bake until puffed and golden, 20-25 minutes.
5. Microwave the marinara sauce until warm and serve as a dip with the pizza puffs.