



# Pizza Bites

High-protein, low-fat, and perfect for post-op snacks or lunchboxes

Makes 12 bites – Prep time: 15 mins – Cook time: 35 mins

## Ingredients

250g Low-fat cottage cheese  
4 Eggs  
1 tsp Dried oregano  
½ tsp Onion and garlic powder  
1 cup Reduced-fat grated cheese  
2/3 Red capsicum, finely diced  
1/6 Red onion, finely diced  
4 slices Salami, chopped (optional, or use turkey for leaner option)  
250ml Pizza sauce  
Fresh basil, chopped (optional, for flavour)

Takes ~ 40mins from start to finish, as you prep toppings while bases are cooking

## Directions

**Preheat oven to 180°C (fan bake).** Lightly grease or line a muffin tray.

**Make the base** Blend cottage cheese, eggs, and oregano until smooth. Pour 1/4 cup of mixture into each muffin well.

**Bake the base** Bake for 15 minutes, then lower the oven and continue until just golden.

**Add toppings** Spoon pizza sauce onto each bite. Top with capsicum, onion, salami, and cheese. Sprinkle with fresh basil if using.

**Final bake** Return to oven for 20 minutes, or until cheese is golden and bubbly.

	Protein	Fat	Carbs
Approximately per bite	7.5g	3.8g	3g

