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# Mini Greek Pizza Muffins

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Rest Time:** 15 mins

**Total Time:** 50 mins

## Ingredients

- 2 tablespoon oil, olive, extra virgin
- 2/3 cup(s) onion(s), finely chopped
- 2/3 cup(s) pepper(s), red, bell, finely chopped
- 1/3 cup(s) flour, whole-wheat pastry
- 1/3 cup(s) flour, all-purpose
- 2 teaspoon baking powder
- 1 1/2 teaspoon oregano, fresh, chopped, or 1/2 teaspoon dried
- 1 teaspoon sugar, granulated
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/3 cup(s) milk, lowfat (1%)
- 1/3 cup(s) cheese, feta, crumbled
- 1 large egg(s), well beaten
- 2 tablespoon tomato paste
- 2 tablespoon olives, Kalamata, chopped

## Preparation

1. 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. Meanwhile, preheat oven to 400°F. Coat a mini-muffin pan with cooking spray.
2. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
3. 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.
4. 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.

