

Focaccia Bites

(Makes 8)

Ingredients

- 250g Ioprofin mix
- 1/2 sachet yeast
- 1/4 tsp salt
- 1 tsp dried herbs
- 3 1/2 tsp olive oil
- 175mls warm water
- 6 large slices of tomato or sundried tomato
- 6 tsp tomato relish or tomato puree
- Violife grated mozzarella cheese 160g



Method

1. Preheat oven to 180 degrees celsius.
2. Combine the Ioprofin Mix, yeast, salt and herbs into a large bowl. Add half the olive oil and all the warm water, beat for 1 minute using an electric mixer until smooth and glossy.
3. Pour only half of the mixture into 8 muffin sections lined with cases.
4. Spread 1 tsp of tomato relish over the batter in the tins, then add one slice of tomato and your optional sprinkle of violife grated cheese.
5. Cover all muffins with the remaining batter and prove for 20 minutes until the batter has risen near the top of the tins.
6. Using oiled fingers, create dimples in the muffins about 1cm deep.
7. Bake the focaccia for 10 minutes until lightly browned. Serve warm or cold.

Recipe from Nutricia