



Easy Caprese Breakfast Pizzas



Entire recipe: 185 calories, 5g total fat (2g sat fat), 430mg sodium, 23.5g carbs, 6g fiber, 1.5g sugars, 14g protein

Blue Plan (Freestyle™) SmartPoints® value 5*

Prep: 5 minutes **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1 stick light string cheese
1 tsp. light whipped butter or light buttery spread
1/2 tsp. crushed garlic
1 light English muffin
6 fresh basil leaves
2 thick slices plum tomato
Optional seasonings: salt and black pepper

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Break string cheese into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and roughly chop.)

In a small bowl, mix butter with garlic. Split English muffin into halves and place on the baking sheet. Spread with butter mixture, sprinkle with cheese, and top with basil.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook tomato until lightly blackened, 1 - 2 minutes per side.

Top muffin halves with tomato. Bake until hot and lightly browned, about 5 minutes.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.