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Pizza Muffins (with Veggies!)



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★★★★★ 124 COMMENTS

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Bake a batch of easy Pizza Muffins for the flavor kids love in an easy-to-eat (and reheat!) format. These healthy muffins have a dose of shredded carrots for extra nutrition and are an easy lunch option to pack or serve at home.



Pizza Muffins

My kids love pizza, like most kids, and we have it often—but I also try to use the flavors in other foods. These Pizza Muffins have many of the same ingredients as pizza and subtle pizza flavors, but are also easier to pack in a lunch and work really well to make ahead and freeze for future days for easy [toddler meals](#).

They are a fun savory muffin to have in the mix, and there are so many options for how you can customize them for your own kids.

Clearly these do not taste exactly the same as “real” pizza, which my kids do like to point out, but they have similar yummy flavors—and are much less messy to eat.

Ingredients You Need

You'll need these ingredients to make the [muffin recipe for kids](#).



- Milk: I use whole milk in my baking, but any milk will work here.
- Grated carrot: This blends into the batter nicely and adds a dose of veggies. I prefer to shred the carrots myself on a box grater so they are finer, but you can also buy shredded carrots from the store.
- Shredded mozzarella cheese: For classic pizza flavor.
- Grated Parmesan cheese
- Melted and slightly cooled butter, or neutral oil
- Diced pepperoni: This is optional, but adds nice flavor.
- Eggs: This helps the batter bind together and be light and fluffy. (See the Notes at the end of the recipe for the egg-free option.)
- [All-purpose flour](#) and [whole wheat flour](#): The mix gives a pleasantly fluffy texture with some of the fiber and whole grains from the [whole wheat flour](#).
- [Baking powder](#) and baking soda

- Pizza seasoning: This is found in the spice aisle of most supermarkets. You can use Italian seasoning if you can't find it, but the flavor of pizza seasoning is excellent in the muffins.

Step-by-Step Instructions

Here's a look at the process involved in making this recipe. Scroll down to the bottom of the post for the full information.



1. Stir together the wet ingredients in a large bowl.
2. Fold in the dry ingredients, reserving some of the pepperoni.
3. Portion out into a greased muffin tin and top with pepperoni.
4. Bake and serve or store.

TIP: You can make these as mini muffins. You'll want to adjust the timing to 12-14 minutes or until a cake tester inserted into the center comes out clean.

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Frequently Asked Questions

What are pizza muffins made from?

Are pizza muffins best warm or cold?

Can I make vegetarian pizza muffins?

Can I freeze these muffins?

Sure! Just be sure to let them cool completely, then store in a zip top plastic storage bag for up to 3 months. This is a great [recipe for lunch](https://www.yummytoddlerfood.com/pizza-muffins/) to keep on hand

since you can easily warm them up and tuck them into a thermos to go or serve for lunch at home.



How to Store

To store, let cool completely, then store in an [airtight container](#) in the fridge for up to 5 days. Heat briefly for 15-30 seconds in the microwave to serve.

Best Tips for Success

- You can make these as mini muffins. You'll want to adjust the timing to 12-14



yummy TODDLER food



teaspoon. Proceed with the recipe as directed. (This works really well.)

- You can warm briefly and pack in a thermos for lunch.

- Substitute the carrots for broccoli if desired. Just use the tops of the broccoli, avoiding the stems, and finely cut up or chop.
 - Use all of one type of flour if that's what you have.
 - Omit the pepperoni to make them vegetarian.
 - Serve with warm marinara sauce if desired for dipping.
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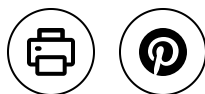
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Pizza Muffins (with Veggies!)

These work well to make ahead and warm up for an easy lunch or dinner. These taste best served warm.



5 FROM 141 VOTES

Prep Time
10 minutes

Cook Time
18 minutes

Total Time
28 minutes

Author
Amy Palanjian

Cuisine
American

Course
Muffin

Calories
189kcal

Servings
12 muffins

Ingredients

1x	2x	3x
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US Customary	Metric
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- ☐ 1½ cups milk
- ☐ 1 cup grated carrot
- ☐ 1 cup shredded mozzarella cheese
- ☐ ¼ cup grated Parmesan cheese
- ☐ ¼ cup melted and slightly cooled butter or neutral oil
- ☐ ¼ cup diced pepperoni, plus 2 tablespoons diced pepperoni (optional)
- ☐ 2 eggs, lightly beaten
- ☐ 1 cup all-purpose flour
- ☐ ¾ cup whole wheat flour
- ☐ 1 teaspoon baking powder
- ☐ ½ teaspoon baking soda
- ☐ 2½ teaspoons pizza seasoning
- ☐ ½ teaspoon salt
- ☐ Marinara or pizza sauce (warmed for dipping, optional but recommended)

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Instructions

1. Preheat the oven to 375 degrees F and grease a standard muffin tin well with nonstick spray.

2. Add the milk, carrot, cheeses, butter, pepperoni (reserving the 2 tablespoons), and egg to a medium bowl. Stir together.
3. Stir in the flours, baking powder, baking soda, pizza seasoning, and salt.
4. Divide batter among the prepared muffin tin, using a heaping $\frac{1}{4}$ cup in each. Top each with pepperoni.
5. Bake for 18-20 minutes or until lightly golden brown around the edges and a cake tester inserted into the center comes out clean. (There may be some melted cheese on it, though!)
6. Let cool in the pan for 2-5 minutes, then transfer to a wire rack to cool completely. You may need to use a paring knife around the edges of the muffins to help remove them from the pan.
7. Serve slightly warm.

Equipment

- Muffin Pan
- Storage Containers

Video

Notes

- To store, let cool completely, then store in an airtight container in the fridge for up to 5 days. Heat for 15-30 seconds in the microwave to serve.
- To freeze, let cool completely. Transfer to a zip-top plastic storage bag, remove as much air as possible, and freeze for up to 3 months. Warm one at a time on a heat-safe plate in the microwave for about 30-60 seconds or until warmed through
- **Egg-free:** Omit eggs. Increase milk to 1 $\frac{3}{4}$ cups. Increase whole wheat flour to 1 cup. Increase baking soda to 1 teaspoon. Proceed with the recipe as directed. (This works really well!)

- Look for pizza seasoning in the spice aisle. McCormick and Tones make it, and there are specialty brands, too, like [this one](#) that is very good. It is widely available.
- You can make these as mini muffins. You'll want to adjust the timing to 12-14 minutes or until a cake tester inserted into the center comes out clean.
- You can warm briefly and pack in a thermos for lunch.
- Substitute the carrots for broccoli if desired. Just use the tops of the broccoli, avoiding the stems, and finely cut up or chop.
- Use all of one type of flour if that's what you have.
- Omit the pepperoni to make them vegetarian.
- These have the most pizza flavor if served with warm marinara or pizza sauce for dipping.

Nutrition

Calories: 189kcal, Carbohydrates: 18g, Protein: 8g, Fat: 10g, Saturated Fat: 5g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 3g, Trans Fat: 1g, Cholesterol: 52mg, Sodium: 375mg, Potassium: 154mg, Fiber: 2g, Sugar: 2g, Vitamin A: 2077IU, Vitamin C: 1mg, Calcium: 144mg, Iron: 1mg



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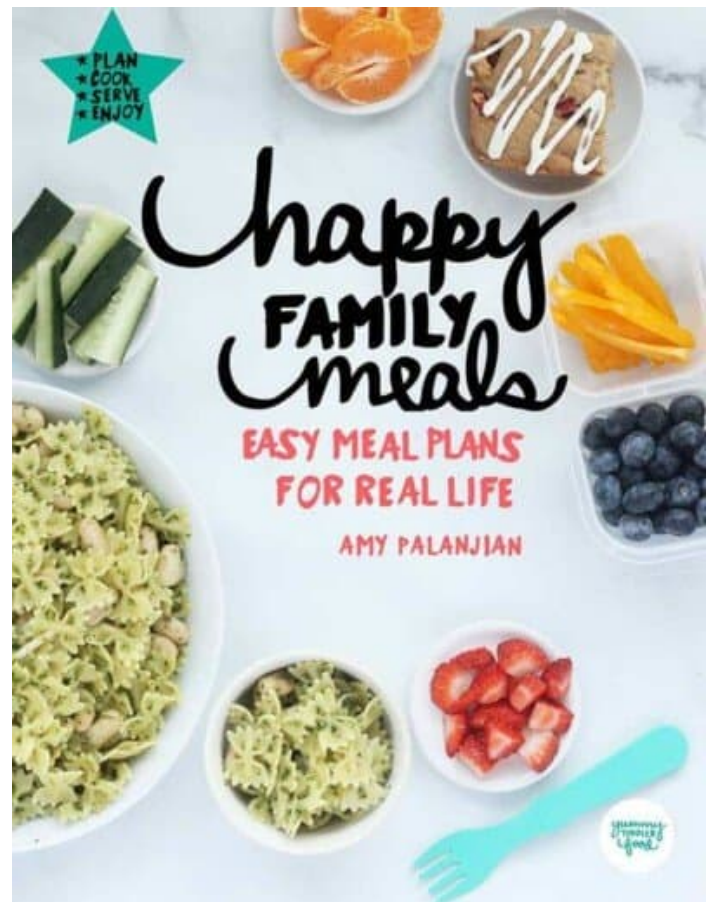
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This recipe was first published July 2020.

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COMMENTS

Carrie

August 22, 2024 at 9:26 pm

I keep making these pizza muffins because my son loves them and they are such a great snack! We do a vegetarian version and replace the pepperoni with red pepper...they turn out great! And I just do a simple seasoning of dried basil and tomato powder. We do a lot of your muffin and cookie recipes and they are all so amazing. Thanks!

[→ Reply](#)**Amy Palanjian**

August 23, 2024 at 5:40 am

I'm so glad to hear this!

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