

CHEESY PUMPKINS

Serves 2

Ingredients

4 small whole wheat tortillas

1/2 cup (125 mL) Canadian cheddar cheese, shredded



Directions

- 1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
- 2. Stack two tortillas together on a cutting board. Cut out a stem shape at the top through both tortillas to make a pumpkin.
- 3. Place the bottom tortilla on the baking sheet. Cover with shredded cheese and set aside.
- 4. Use a knife to cut out the shapes for the face on the other tortilla. Place this tortilla on top of the bottom one, making sure the stems of your pumpkin line up.
- 5. Repeat steps to make second pumpkin.
- 6. Bake for 12 to 15 minutes or until the cheese has melted and the edges of the tortillas are crispy.

Notes

Jazz up the flavour!

- Serve your cheesy pumpkin with sour cream, salsa or guacamole.
- Add thinly sliced vegetables over the cheese before baking.







