

03/08

## Fruit Pizza

Serving Size: 1/2 muffin + fruit Servings per recipe: 2

### Ingredients:

- 1 English muffin (try whole grain)
- 2 Tablespoons reduced-fat cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

### Directions:

1. Wash hands with soap and water.
2. Split English muffin and toast the halves until lightly browned.
3. Spread cream cheese on both halves.
4. Divide the fruit between the two halves and arrange on top of the cream cheese.
5. Serve immediately



### Notes:

1. Use any combination of fruit including apples, bananas, and raisins.
2. Try peanut, sunflower or other nut butter in place of cream cheese.
3. Sprinkle with nuts or seeds for added crunch.

**Nutrition Facts:** Serving Size – 1/2 of muffin + fruit, 120 Calories, 3g Total fat, 27 calories from fat, 27% calories from fat, 1.5g Saturated fat, 0g Trans Fat, 10mg Cholesterol, 170mg Sodium, 19g Total Carbohydrate, 2g Dietary Fiber, 7g Sugars, 0g Added Sugars, 4g Protein, 114mg Calcium, 0mcg Vitamin D, 1mg Iron, 149mg Potassium

Source: [www.foodhero.org](http://www.foodhero.org) Oregon State University

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