

Fruit Pizza

This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try using any combination of colorful fruits.

Makes: 2 Servings

Source: [Foodhero.org recipe/fruit pizza](https://www.foodhero.org/recipe/fruit-pizza)

Ingredients

- English Muffin (try whole grain)
- 2 Tablespoons reduced fat or fat-free cream cheese (see notes)
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served immediately. Refrigerate leftovers within 2 hours.

Utensils Needed

- Toaster/Oven
- Knife
- Serving Plate



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	120
Total Fat:	8 g
Saturated Fat:	1.5 g
Cholesterol:	10 mg
Sodium:	170 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	114 mcg
Iron	1 mg
Potassium	149 mg

Optional Notes

- Use any combination of fruit for topping the pizza, such as apples, raisins, pears or peaches.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Sprinkle with nuts or seeds for added crunch.

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$13.44

Average cost/serving: \$1.12

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Grain English Muffins



Add 1 to Cart
Reduced Fat Cream Cheese



Add 1 to Cart
Fresh Strawberries



Add 1 to Cart
Fresh Blueberries



Add 1 to Cart
Crushed Pineapple Can 8 oz

My Cooking Notes
