

FRUIT PIZZA

Serves 2

INGREDIENTS

- 1 English Muffin (try whole grain)
- 2 Tablespoons reduce fat or fat-free cream cheese
- 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. Serve immediately.

NUTRITION INFORMATION PER SERVING

Calories: 120 Total Fat: 3g, Saturated Fat: g 1.5, Cholesterol: 10mg, Sodium: 190mg, Carbohydrate 19g, Fiber: 3g, Sugar: 7g, Protein: 4g

SOURCE Foodhero.org
