



# Fruit Pizza

Serves 16 Child Sized Portions

*Preparation time: 15 minutes*

*Cooking time: eight to 10 minutes*

*Preheat oven to 350°F (180°C)*

**Common allergens: dairy, wheat**

### Nutrition Information

Calories	56 calories
Total Fat	2.2 g
Saturated Fat	1.4 g
Sodium	84 mg
Carbohydrate	7.5 g
Fibre	0.2 g
Sugar	5 g
Protein	1.75 g

### Equipment List

- Pizza pan/baking sheet
- Knife
- Large bowl
- Cutting board
- Electric mixer
- Measuring cups and spoons

### What You Need

INGREDIENTS	AMOUNTS	METRIC
Pizza crust, unbaked (look for whole grain if available)		
Low-fat cream cheese	8 oz.	226 g
White sugar	¼ cup	60 mL
Vanilla extract	2 tsp.	10 mL
Assorted fruit, sliced (try bananas, peaches, frozen berries or canned pineapple)		

### Instructions

1. Bake pizza crust in preheated oven for eight to 10 minutes, or until lightly browned.
2. Cool pizza crust.
3. In a large bowl, beat cream cheese with sugar and vanilla until fluffy.
4. Spread cream cheese mixture onto cooled crust.
5. Arrange fruit on top of filling.
6. Refrigerate until ready to serve.



*Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks*