

Fun Fruit Pizza

4 Servings • 1 Serving = 1 Half English Muffin



INGREDIENTS

- 2 whole wheat sandwich thins or English muffins, split in half
- 4 ounces low-fat plain cream cheese, softened
- ½ teaspoon vanilla extract
- ½ Tablespoon honey
- Fruit such as; 1 kiwi, ½ cup raspberries, ½ cup strawberries (sliced), ½ cup blueberries

DIRECTIONS

1. Toast each whole wheat sandwich thin or English muffin lightly.
2. In a small bowl, combine the cream cheese, vanilla extract, and honey. Stir well to combine.
3. Spread about 1 Tablespoon of cream cheese on top of each sandwich round.
4. Top with a variety of fruits.

Nutrition Facts

4 servings per container
Serving size 1 half english muffin

Amount per serving
Calories 150

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 1mg	6%
Potassium 171mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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