



Fruit Pizza

INGREDIENTS:

- 1 (8-inch) flour tortilla
- ½ teaspoon sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons reduced fat or fat-free cream cheese, soft*
- ⅓ cup chopped strawberries
- ¼ cup blueberries, grapes or peaches*

Analysis done using fat-free cream cheese and blueberries

DIRECTIONS:

- 1. Heat oven to 350°F. Place tortilla on ungreased cookie sheet.
- 2. Bake about 10 minutes or until crisp.
- 3. Mix sugar and cinnamon together.
- 4. Place hot tortilla on cutting board and spread cream cheese on tortilla.
- Sprinkle with cinnamon/sugar mixture.
- 6. Add fruit; cut into 4 wedges; serve warm.

Yield: 2 servings (half pizza). 120 Calories per serving. Total fat 2g; Protein 5g; Total carbohydrate 21g; Dietary fiber 2g, sodium 240mg; calcium 160mg, potassium 270mg.



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