



## Fruit Pizza

### INGREDIENTS:

- 1 (8-inch) flour tortilla
- ½ teaspoon sugar
- ⅛ 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.
5. 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.