

Fruit pizza to go



Recipe credit

Adapted from University of Maryland Extension
Food Supplement Nutrition Education Program

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About this recipe

Serves

1

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 English muffin (whole wheat)
- 2 tablespoons whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 8-10 blueberries
- 2 slices mandarin oranges

Directions

1. Wash hands with soap and water.
2. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Tips and variations

- Toasted whole wheat English muffins topped with fat-free cream cheese and fruit make this a quick and easy breakfast or snack.
- This recipe can be made with any flavor of cream cheese and any fruit you like.

Nutritional info

Calories

161

Total fat

2g

Saturated fat

0g

Cholesterol

2mg

Sodium

353mg

Total carbohydrates

30g

Dietary fiber

Sg

Protein

9g

Total sugar

10g

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