Fruit pizza to go



Recipe credit

Adapted from University of Maryland Extension
Food Supplement Nutrition Education Program

Ver esta receta en español

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

View other recipe categories

- Beverages
- Breads
- Breakfast
- Main dishes
- Salads
- Seasonings and salsa
- Side dishes
- Snacks and sweets
- Soups