

Ingredients:

- 1 whole wheat English muffin
- 2 Tablespoons whipped fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- 1/4 cup grapes, quartered
- 1/4 cup canned mandarin oranges, drained

Symphony of Fruit Pizza

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Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
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
4. Slice into quarters and serve.

Nutrition Facts (Per Serving)

Calories, 225; carbohydrate, 45 g; protein, 11 g; total fat, 2 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 5 mg; dietary fiber, 7 g; total sugars, 18 g; sodium, 440 mg; calcium, 78 mg; folate, 32 mcg; iron, 2 mg; percent of calories from fat, 8%

Recipe courtesy of Produce for Better Health Foundation (PBH)

Serves 1

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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