

Fruity Fun Pizza

1 serving

Buy fruit that is dried, frozen, canned (in water or juice), and fresh, so that you always have some on hand.



- ½ cinnamon raisin bagel
- 1 Tablespoon cream cheese
- 2 Tablespoons canned or fresh fruit (if using fresh fruit, gently rub under cold running water before cutting)
- 1 teaspoon brown sugar

1. Wash hands with soap and water.
2. Place bagel on plate.
3. Spread cream cheese on bagel.
4. Spoon fruit on top of bagel.
5. Sprinkle with brown sugar.

Nutrition Information per Serving: (1 recipe) Calories 160, Total Fat 6g, Saturated Fat 3.5g, Cholesterol 15mg, Sodium 135mg, Total Carbohydrate 24g, Dietary Fiber 1g, Sugars 9g, Protein 4g, Vitamin A 6%, Vitamin C 2%, Calcium 2%, Iron 8%.