



Fruit Pizza

Servings 8 | Prep time 20 mins. | Total time 32 mins.

Equipment: Medium bowl, Measuring cups and spoons, Small bowl, Baking sheet, Aluminum foil, Plastic wrap, Paper towels, Cutting board

Utensils: Whisk or fork, Mixing spoon, Knife

Ingredients

For the crust

Non-stick spray

1 egg white, large

1/4 cup vegetable or canola oil

1/4 cup brown sugar

1/3 cup all-purpose flour

1/4 teaspoon ground cinnamon

1/4 teaspoon baking soda

1 cup quick cooking oats

For the topping

1/4 cup fat-free cream cheese, softened

1/2 cup non-fat vanilla yogurt

Fruit for topping pizza examples: 1 cup strawberries, 1 cup blueberries, 2 kiwi

Nutritional Information:

Calories 190

Total Fat 8g

Sodium 140mg

Total Carbs 24g

Protein 5g

Instructions

For the crust

1. Before you begin wash your hands, surfaces, utensils and fruit.
2. Preheat oven to 375 degrees.
3. In a small mixing bowl, use a whisk or fork to beat egg white until foamy, approximately 1-2 minutes. Add oil and sugar. Beat until smooth.
4. In a medium mixing bowl, stir together the flour, cinnamon, and baking soda. Stir in quick cooking oats.
5. Add sugar mixture to oat mixture in medium bowl.
6. Line a baking sheet with aluminum foil and spray with non-stick spray. Using your hands, spread the dough in a 9 inch circle.
7. Bake about 12 minutes or until the crust begins to puff. Remove from oven and let cool, about 20 minutes.

For the topping

1. While the crust is baking, stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate.
2. Dry off cleaned fruit and cut into bite-size pieces.
3. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.
4. Cut into 8 wedges and serve or refrigerate up to 2 hours, covered and uncut.