



# 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

# 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.

## Nutritional Information:

Calories 190 Total Fat 8g Sodium 140mg Total Carbs 24g Protein 5g