



Fruit Pizza

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

Equipment:

Medium bowl,
Small bowl
Baking sheet
Aluminum foil
Plastic wrap
Paper towels or a clean kitchen cloth
Cutting board

Utensils:

Whisk or fork
Mixing spoon
Knife
Measuring cups and spoons

Ingredients

For crust:

1 large egg white
1/4 cup vegetable oil OR canola oil
1/4 cup brown sugar
1/3 cup all-purpose flour or 1/3 cup gluten-free flour
1/4 teaspoon ground cinnamon
1/4 teaspoon baking soda
1 cup quick-cooking oats
Non-stick spray

For topping:

1/4 cup reduced fat cream cheese, softened to room temperature
1/2 cup vanilla low-fat yogurt
1 cup fruit (strawberries, blueberries, kiwi, etc.)

Nutritional Information:

Calories 180
Total Fat 8g
Sodium 110mg
Total Carbs 24g
Protein 5g

Instructions

For crust:

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Preheat the 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 oat mixture in medium bowl.
6. Line a baking sheet with aluminum foil and spray foil 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 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).