



Fruit Pizza

Recipe From: Kansas Family Nutrition Program, *Kids a Cookin'*



Ingredients

Cookie Crust

- 1 teaspoon vanilla extract
- 1/2 cup butter
- 1/4 cup sugar
- 1 egg
- 2 cups flour (1/2 regular, 1/2 whole wheat)
- 2 teaspoons baking powder
- 1 cup sliced fruit-to be used as topping.

Pizza Frosting

- 1 teaspoon vanilla extract
- 8 ounces non-fat cream cheese
- 1/2 cup sugar

Yield: 12 servings
Serving Size: 1 slice



Directions



1. Preheat oven to 375 degrees.
2. For crust: Cream butter, then add the sugar, and continue to cream. Add the vanilla, and egg until light and fluffy. Whisk the flour and baking powder together and then incorporate with creamed butter.
3. Spread mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For pizza frosting: mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fruit Pizza

Recipe From: Kansas Family Nutrition Program, *Kids a Cookin'*



Ingredients

Cookie Crust

- 1 teaspoon vanilla extract
- 1/2 cup butter
- 1/4 cup sugar
- 1 egg
- 2 cups flour (1/2 regular, 1/2 whole wheat)
- 2 teaspoons baking powder
- 1 cup sliced fruit-to be used as topping.

Pizza Frosting

- 1 teaspoon vanilla extract
- 8 ounces non-fat cream cheese
- 1/2 cup sugar

Yield: 12 servings
Serving Size: 1 slice



Directions



1. Preheat oven to 375 degrees.
2. For crust: Cream butter, then add the sugar, and continue to cream. Add the vanilla, and egg until light and fluffy. Whisk the flour and baking powder together and then incorporate with creamed butter.
3. Spread mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For pizza frosting: mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

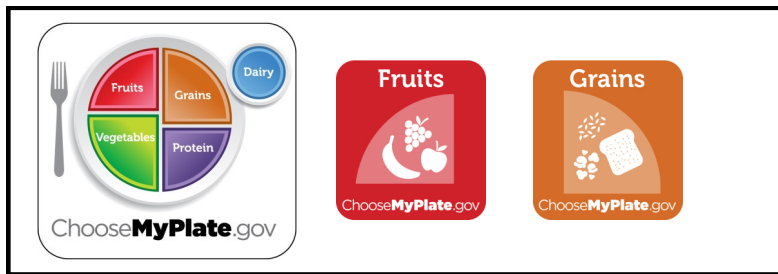
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips

- Make a rainbow with your fruit! Strawberries, blueberries, bananas, kiwis and oranges all work great.

Nutrition Facts	
12 servings per container	
Serving size	1 Cookie
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 6g	12%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

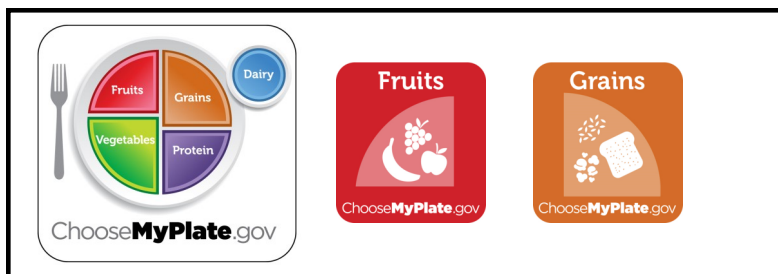
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips

- Make a rainbow with your fruit! Strawberries, blueberries, bananas, kiwis and oranges all work great.

Nutrition Facts	
12 servings per container	
Serving size	1 Cookie
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 17g Added Sugars	34%
Protein 6g	12%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.