



# Fruit Pizza



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

## Ingredients

<u>Cookie Crust</u>	<ul style="list-style-type: none"> <li>• 2 cups flour (1/2 regular, 1/2 whole wheat)</li> <li>• 2 teaspoons baking powder</li> <li>• 1 cup sliced fruit-to be used as topping.</li> </ul>	<u>Pizza Frosting</u>
<ul style="list-style-type: none"> <li>• 1 teaspoon vanilla extract</li> <li>• 1/2 cup butter</li> <li>• 1/4 cup sugar</li> <li>• 1 egg</li> </ul>	<ul style="list-style-type: none"> <li>• 1 teaspoon vanilla extract</li> <li>• 8 ounces non-fat cream cheese</li> <li>• 1/2 cup sugar</li> </ul>	



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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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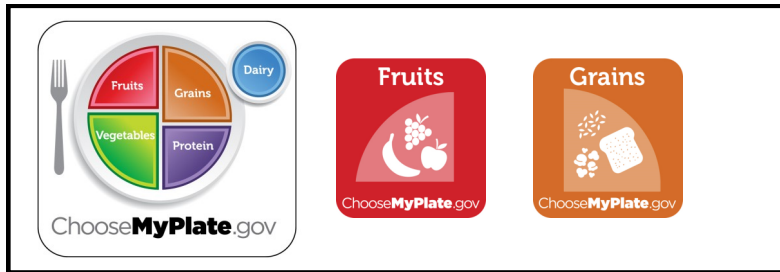
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Make a rainbow with your fruit! Strawberries, blueberries, bananas, kiwis and oranges all work great.
- Substitute half your total flour for wheat flour to make half your grains whole.

## Nutrition Facts

12 servings per container  
**Serving size** 1 Cookie

**Amount Per Serving**  
**Calories** 240

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 17g Added Sugars	34%
<b>Protein</b> 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.

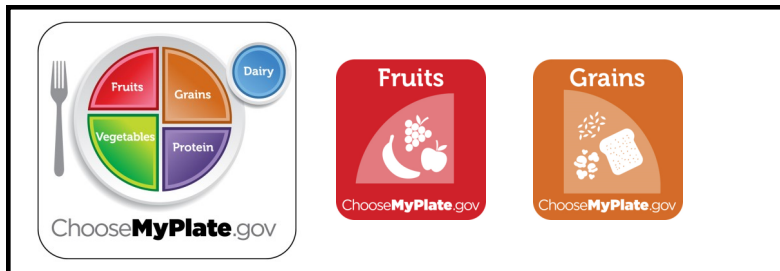
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