

Rainbow Fruit Pizza

18 g carbohydrates | 4 g total fat | 4 g protein

1/8th of recipe | Approximately 118 calories



Rainbow of nutrients

How many colors of fruit can you add to your fruit pizza? The different colors of fruits give you different nutrients. Nutrients are important in helping your body stay healthy and fueled for your activities throughout the day. Find as many colors as you can to add to your fruit pizza!

Food Preparation Materials

Measuring cups and spoons
Spatula
Cutting board or mat
Large Bowl
Small Bowl
Butter knife
Slicing knife
Pizza cutter

Ingredients- Makes 8 servings

4 whole-wheat tortillas
4 oz. light cream cheese
2 Tbsp. honey
2 Tbsp. vanilla Greek yogurt
1 cup strawberries, sliced
1/2 cup mandarin oranges, drained
1 kiwi, sliced

What To Do

1. Slice the strawberries and kiwi. In a large bowl, combine all the fruit.
2. In a bowl, fold together the cream cheese, honey, and Greek yogurt using a spatula.
3. Place a tortilla on workspace and spread the mixture evenly over the tortilla.
4. Top with the variety of fruits in any design that you like! Cut tortilla into sections with pizza cutter. Enjoy!