

# Fruit Pizza To Go



**Makes:** 1 Serving

**Total Cost:** \$\$\$\$

Toasted whole wheat English muffins topped with fat-free cream cheese and fruit make this a quick and easy breakfast or snack.

## Ingredients

- 1 English muffin (whole wheat)
- 2 tablespoons whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 slices mandarin oranges

## Directions

1. Wash hands with soap and water.
2. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

# Notes

This recipe can be made with any flavor of cream cheese and any fruit you like.

Learn more about:

- [Strawberries](#)
- [Grapes](#)
- [Oranges](#)

Source:

University of Maryland Extension

Food Supplement Nutrition Education Program

# Nutrition Information

Serving Size: 1 fruit pizza

# MyPlate Food Groups



Nutrients	Amount
<b>Total Calories</b>	<b>161</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>353 mg</b>
<b>Carbohydrates</b>	<b>30 g</b>
Dietary Fiber	5 g
Total Sugars	10 g
Added Sugars included	4 g
<b>Protein</b>	<b>9 g</b>
Vitamin D	0 mcg
Calcium	232 mg
Iron	2 mg
Potassium	264 mg

<span style="color: red;">■</span> Fruits	1/4 cups
<span style="color: orange;">■</span> Grains	2 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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