

Looking for a dessert that will please both the adult and kid table? This Healthy Fruit Pizza fits the bill. Pretty enough to serve at a dinner party and fun enough to sneak in some fresh fruits for the kids. This healthy dessert pizza is a win win!

INGREDIENTS:

- 1 cup whole wheat flour
- 3/4 cup old fashion oats
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1 large egg
- 1/3 cup brown sugar
- 1 tsp vanilla
- 1/3 cup vegetable oil
- 3/4 cup plain Greek yogurt
- 3 oz light cream cheese
- 2 tbsp sweetener of choice (maple syrup (honey, very ripe banana, etc))
- 1 kiwi (sliced)
- 1/2 banana
- 1 peach
- 1 pint blueberries
- 1 pint strawberries (sliced)
- 1 pint raspberries



INSTRUCTIONS:

1. Preheat oven to 350 degrees and line a round pizza pan with parchment paper.

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 Recipe source <https://holleygrainger.com/healthy-fruit-pizza/>

2. In a large bowl, combine flour, oats, cinnamon and baking powder. In a small bowl, whisk egg, brown sugar, vanilla, and oil. Add the wet mixture to the dry mixture and stir until ingredients combine.
3. Pour batter onto pizza pan lined with parchment paper gently spreading into a circle. The dough may be too small for the size of your pan. If so, just form the dough into a round shape. Bake for 10 minutes or until the "crust" is golden brown.
4. While the crust is baking, combine Greek yogurt, cream cheese, and sweetener of choice in a small bowl.
5. Allow crust to cool then spread yogurt mixture on top of the crust and decorate with fruit.

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 220 g		Total Fat 14.5g	22%	Total Carbohydrates 50g	17%
1 serving (7.8 oz)		Saturated 9.7g	49%	Dietary Fiber 6g	24%
Calories 349		Trans Fat 0g		Sugars 23g	
From fat 126		Cholesterol 34mg	11%	Protein 9g	18%
<i>HappyForks.com</i>		Sodium 68mg	3%		
		Calcium 10% • Iron 11%		Vitamin A 5% • Vitamin C 56%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.