



From the Kitchen of
THE CENTER
for Health Improvement

Mmmm Good Fruit Pizza

Recipe provided by: www.extension.iastate.edu

Ingredients:

For the cookie crust:

1 large egg white
¼ cup brown sugar, firmly packed
¼ teaspoon ground cinnamon
1 cup uncooked quick-cooking oatmeal

¼ cup vegetable oil
⅓ cup all-purpose flour
¼ teaspoon baking soda
Cooking spray

For the topping:

3 ounces fat-free cream cheese, softened
½ (6-ounce) container nonfat vanilla yogurt

Fruit for topping the pizza

Instructions: 1. Preheat the oven to 375°F. 2. Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth. 3. Use a small bowl to stir together the flour, cinnamon, and baking soda. Add to sugar mixture. Stir in oatmeal. 4. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle. 5. Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven and let cool about 20 minutes. The crust continues to cook while cooling. 6. Use a small bowl to stir together the cream cheese and yogurt until smooth. Cover with plastic wrap and refrigerate until cool. 7. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top. 8. Cut into wedges and serve, or refrigerate up to 2 hours, covered and uncut.

Nutritional Information (Per serving):

Serves 8
Serving Size: 1 wedge

Calories: 190

Fat: 8 g

Saturated fat: 1 g

Cholesterol: 0 mg

Carbohydrates: 26 g

Fiber: 2 g

Sodium: 130 mg

Protein: 5 g

