



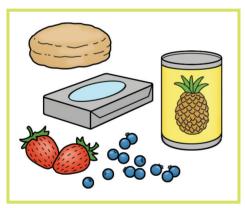
Fruit Pizza

A Food Hero Recipe Kit



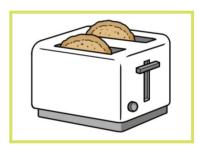
Make it at home!

With the ingredients in today's school meal bag, you can make **Fruit Pizza** for breakfast tomorrow. Follow the steps below. Or you can eat the ingredients on their own. For cooking tips, nutrition facts and a video, visit **FoodHero.org/recipes/fruit-pizza**



Ingredients

- 1 **English muffin** (try whole grain)
- 2 Tablespoons reduced-fat **cream cheese**
- 2 Tablespoons sliced **strawberries**
- 2 Tablespoons **blueberries**
- 2 Tablespoons **pineapple**



1 Split open the English muffin and toast the halves until lightly browned.



2 Spread cream cheese on both halves.



3 Divide the fruit between the two muffin halves and place on top of cream cheese.



4 These are best eaten right away. Refrigerate leftovers within 2 hours.



Funded by The Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health, OSU Extension, and Oregon SNAP. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer. You can apply for your school meal program at any time throughout the year by contacting your child's school office, or the school district office.

