



## Fruity Fun Pizza

1 serving

Buy fruit that is dried, frozen, canned (in water or juice), and fresh, so that you always have some on hand.



- <sup>1</sup>/<sub>2</sub> cinnamon raisin bagel
- 1 Tablespoon cream cheese
- 2 Tablespoons canned or fresh fruit (if using fresh fruit, gently rub under cold running water before cutting)
- 1 teaspoon brown sugar
- 1. Wash hands with soap and water.
- 2. Place bagel on plate.
- 3. Spread cream cheese on bagel.
- 4. Spoon fruit on top of bagel.
- 5. Sprinkle with brown sugar.

*Nutrition Information per Serving: (1 recipe)* Calories 160, Total Fat 6g, Saturated Fat 3.5g, Cholesterol 15mg, Sodium 135mg, Total Carbohydrate 24g, Dietary Fiber 1g, Sugars 9g, Protein 4g, Vitamin A 6%, Vitamin C 2%, Calcium 2%, Iron 8%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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