

Fruit Pizza



Prep Time: 1

This EASY recipe makes a great snack or for breakfast on the go. It can be made with any combination of fruit, try using 'in season' fruit for best flavor and lowest cost. If you have plain rice cakes on hand, adding 1/4 cup of honey to the fruit and yogurt mixture will enhance the flavor.

Unsweetened rice cakes make great bases for quick savory pizzas as well. Spread them with 2 Tablespoons of tomato sauce, sprinkle each with 1 Tablespoon parmesan and bake in oven at 350 or broil until cheese begins to melt, or heat in microwave until cheese bubbles. Experiment with adding your favorite additional toppings. Great for when you want something really good and guilt free!

2 medium bananas, peeled and thinly sliced
1 pint strawberries, stemmed and thinly sliced
3 kiwi, peeled and thinly sliced
12 oz vanilla Greek yogurt (1 1/2 cups)
14 caramel corn rice cakes, or other sweetened varieties
1/4 cup walnuts, chopped

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Cut bananas, strawberries, and kiwi. Place the yogurt in a bowl, add the sliced bananas, strawberries and kiwi. The walnuts may be added too or reserved and sprinkled over the top of the completed pizzas. Blend the yogurt and fruit together until the fruit is well coated.

Top each of the sweetened rice cakes with about 1/4 cup of the fruit blend and sprinkle with the reserved walnuts if desired. They may also be garnished with a sprinkle of ground cinnamon.

Serves 14

Calories 121; Fat 2g; Protein 4g; Carbohydrate 23g; Fiber 1.6g; Sodium 40mg.

NOTES: _____

Total Cost: \$9.67

Cost Per Serving (14): \$0.69

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