



K-STATE
Research and Extension

A Twist on Pizza

Fruit Pizza

12 servings

Ingredients:

Cookie Crust

1/2 cup trans-fat-free margarine

1/2 cup sugar

1 teaspoon vanilla extract

1 egg

2 cups flour

2 teaspoons baking powder

Cheese Spread

8 ounces cream cheese (nonfat or light)

1/2 cup sugar

1 teaspoon vanilla extract

(Optional: 1 drop of red food color)

Fruit Topping: (a variety of) strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries, or grapes



Directions:

1. Preheat oven to 375 degrees.
2. For the crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder; mix well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9- by 13-inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, vanilla, and food color, if desired. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until ready to eat!

Nutrition Facts:

Serving size 1/2 pizza, 230 calories, 70 calories from fat, 8 g total fat, 1.5 g saturated fat, 0 g trans fat, 300 mg sodium, 35 g carbohydrates, 2 g fiber, 16 g sugars, 6 g protein, 4% calcium, 6% iron

Recipe from *Kids-a-Cookin'*

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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