

# FRUIT PIZZA

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 15 (Serving = 1 piece)*

## Nutrition (per serving)

Calories: 190

Total Fat: 6 g

Saturated Fat: 1.5 g

Sodium: 74 mg

Total Carbohydrate: 31 g

Dietary Fiber: 2.5 g

Total Sugars: 20 g

Protein: 5 g



## Ingredients

### *Crust:*

- Cooking spray
- 2 cups old fashioned oats (used certified gluten free oats for GF version)
- $\frac{3}{4}$  cup oat flour (make sure gluten free for GF version)
- $\frac{1}{2}$  teaspoon ground cinnamon

- 1 teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon salt
- $\frac{3}{4}$  cup honey
- 3 Tablespoons canola oil

### *Topping:*

- 4 ounces plain, nonfat Greek yogurt
- 8 ounces Greek cream cheese, room temperature
- 2 Tablespoons honey
- 1 teaspoon vanilla extract



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- ½ cup blackberries
- 1/3 cup blueberries
- ½ cup sliced strawberries

- ½ cup raspberries
- 1 kiwi, peeled and sliced

### Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray 10 inch pizza pan with cooking spray and set aside.
2. In a large bowl, combine oats, oat flour, cinnamon, vanilla and salt. Add honey and canola oil, mixing until the ingredients are combined and stick together. Spread onto the pizza pan and press down firmly with a spatula. Bake 10 minutes. Allow to cool completely before topping.
3. Combine yogurt, cream cheese, honey and vanilla in a medium bowl. Beat on medium speed using a hand mixer until smooth.
4. Using a spatula, spread the yogurt mixture over the cooled crust. Top with prepared fruit and refrigerate for at least 2-3 hours before serving.