

FRUIT PIZZA TO GO

Bariatric, Lower Saturated Fat, Lower Sodium

Serves: 1 fruit

Nutrition (per serving)

Calories: 157

Total Fat: 2 g

Sodium: 352 mg

Total Carbohydrate: 29 g

Dietary Fiber: 5 g

Total Sugars: 9 g

Added Sugars: 4 g

Protein: 9 g

PREP TIME: 15 min

COOK TIME: 5 min

TOTAL TIME: 20 min



Ingredients

1 English muffin, whole wheat

2 Tbsp whipped fat free strawberry cream cheese

2 strawberries, sliced

2 grapes, sliced

2 slices mandarin oranges



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Directions

1. Toast English muffin until golden brown.
2. Spread cream cheese on muffin halves.
3. Arranged fruit on top of the cream cheese.