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## Symphony of Fruit Pizza

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1 english muffin  
 2 tablespoons whipped fat-free strawberry cream cheese  
 1/3 cup strawberries, sliced  
 1/4 cup red grapes, quartered  
 1/4 cup canned mandarin oranges, drained



**Instructions:** Toast the english muffin until golden brown. Spread cream cheese on toasted muffin.

Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Slice into quarters and “yummy – fruit pizza!”

**Serves: 1****1/2 Cup of Fruit per Serving****Fruit and/or Veggie Color(s):** Red, Orange [[What's This?](#)]

**Nutrition Information per serving:** calories: 228, total fat: 1.3g, saturated fat: 0g, % calories from fat: 5%, % calories from saturated fat: 0%, protein: 10g, carbohydrates: 46g, cholesterol: 5mg, dietary fiber: 4g, sodium: 374mg

**Each serving provides:** An excellent source of vitamins A and C, and a good source of folate and fiber.

*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.*

Recipe from the *Cool Fuel for Kids* cookbook.

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