

# FRUIT PIZZA TO GO

*Bariatric, Lower Saturated Fat, Lower Sodium*

*Serves: 1 fruit*

## Nutrition (per serving)

Calories: 157	Total Sugars: 9 g
Total Fat: 2 g	Added Sugars: 4 g
Sodium: 352 mg	Protein: 9 g
Total Carbohydrate: 29	
Dietary Fiber: 5 g	

PREP TIME: 15 min

COOK TIME: 5 min

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**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

## **Directions**

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