



Fruit Pizza

Ingredients

Crust Ingredients

1 Cup Oats
½ Cup All Purpose Flour
½ Cup Wheat Germ
4 Tbsp Honey
4 Tbsp Vegetable Oil
1 tsp Cinnamon
2 fl. oz. Orange Juice
(any fruit juice may be used)

Filling ingredients

8 oz. Low Fat Cream Cheese (softened)
½ Cup Butter (softened)
4 Tbsp Honey
Sliced Fruit as desired
(3 Kiwi, 2 bananas, 10 Strawberries)

Nutrition Facts (per serving)

Calories	478
Fat (g)	26
Saturated Fat (g)	11.3
Cholesterol (mg)	46.3
Sodium (mg)	169.3
Carbohydrate (g)	55.6
Fiber (g)	5.5
Protein (g)	9.8
Calcium (mg)	70.1

Preparation

Mix all crust ingredients in a large mixing bowl. Work to a dough-like consistency and spread evenly in a 12" pizza pan. Bake 12-15 minutes at 375 degrees. Let cool .

Thoroughly mix cream cheese, butter and honey and spread evenly over crust. Slice fruit and add as final topping in alternating circular arrangement by fruit type.

Serves 8

Serving Size: 1 Slice

