



## Strawberry Shortcake's FRUIT PIZZA

... as pretty as it is delicious!

### Ingredients:

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

Prep Time: 10 min

Serves: 1

Cups of Fruits &  
Vegetables per  
Serving: 1/2



**Preparation\*:** 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 you'll have "yummy fruit pizza"! (\*Only make with the help of an adult!)

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

**Nutritional Information per Serving:** Calories: 228, Total Fat: 1.3g, Saturated Fat: 0g, % of Calories from Fat: 5%, % of Calories from Saturated Fat: 0%, Protein: 10g, Carbohydrates: 46g, Cholesterol: 5mg, Dietary Fiber: 4g, Sodium: 374mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



fruits & veggies  
**more  
matters**



## Orange Blossom's ORANGE FROSTY

... as pretty as it is delicious!

### Ingredients:

- 1/2 cup fat-free vanilla ice cream
- 1/2 cup orange juice
- 1 orange, peeled and frozen
- 1 tsp orange zest (optional)

Prep Time: 5 min

Serves: 1

Cups of Fruits &  
Vegetables per  
Serving: 1



**Preparation\*:** Place all ingredients in blender and enjoy!  
(\*Only make with the help of an adult!)

**Each serving provides:** An excellent source of vitamin C and a good source of calcium and potassium.

**Nutritional Information per Serving:** Calories: 113, Total Fat: 0.2g, Saturated Fat: 0g, % of Calories from Fat: 2%, % of Calories from Saturated Fat: 0%, Protein: 3g, Carbohydrates: 24g, Cholesterol: 0mg, Dietary Fiber: 2g, Sodium: 34mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



fruits & veggies  
**more matters**