

# Fruity Pizza

This slightly adapted recipe comes from the Idaho Wheat Commission.

Yield: 8 servings

## Ingredients:

|                                 |  |
|---------------------------------|--|
| 1½ cups cake flour              | 8 ounces fat-free cream cheese, softened |
| 1 cup sugar, divided            | 2 teaspoons pineapple juice              |
| 6 tablespoons low-fat margarine | 1 cup (14 large) strawberries            |
| 1 egg                           | 1 kiwi                                   |
| 1 teaspoon baking soda          | 34 pineapple pieces                      |
| ¼ teaspoon salt                 | 14 mandarin orange sections              |
| 1 teaspoon cream of tarter      | 53 blueberries                           |

## Procedure:

Mix together the flour, ½ cup sugar, margarine, egg, baking soda and salt. On a lightly floured surface, press mixture into a 12-inch round and then place on a greased pizza pan. Bake 10 minutes at 350 F. Cool. Meanwhile, mix cream cheese, remaining sugar and pineapple juice. Slice strawberries into thirds lengthwise and kiwi into eighths. Spread cream cheese mixture over cooled crust. Arrange the fruit in a decorative pattern over the filling. Cool thoroughly in the refrigerator. To serve, cut into eight wedges.

about 320  
calories and  
10 grams of fat  
per serving

**A serving of Fruity Pizza (one-eighth of the recipe) also contains 2 grams of fiber. Use your judgment on the amounts of fruit for toppings; you don't have to be as exacting as the recipe indicates.**

